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185
RECIPES & TIPS

super food ideas

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WITH MINCE

WIN \$1000
FOR YOUR BEST
LUNCHBOX
RECIPE

**\$mart
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INSIDERS' GUIDE:
shop the specials

Footy season kick-off

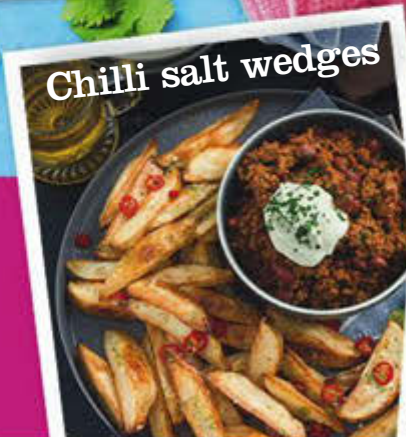
Fab food for the home crowd

*New twist on Mexican
Family-friendly bake*



*Layered beef enchilada bake,
p12*

Chilli salt wedges



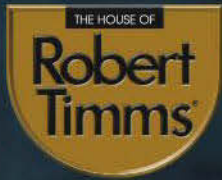
Choc-custard tart



**Mince
makeovers**



Plus Cute food to share • In season: autumn produce and recipes • Kids' party ideas



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R. Timms

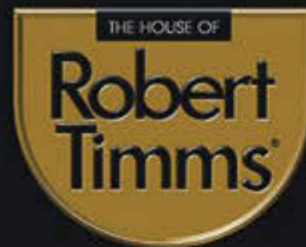
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Sweet and savoury –
the best of both worlds

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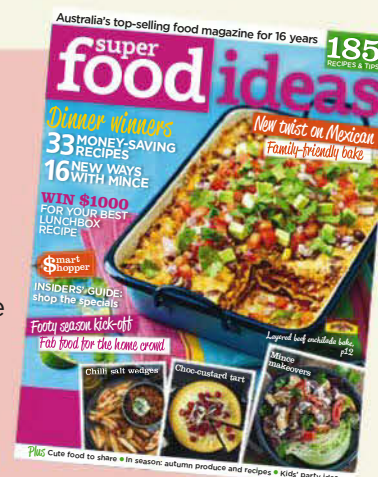
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Cover recipe Layered beef enchilada bake, p12

Recipe Heidi Flett **Photography** Guy Bailey

Styling Fiona Sinclair **Food preparation** Amira Georgy



this month

We love mince! We love that it's cheap, we love that it's in our favourite recipes and we love making pies and puns with it!

Mincepirational! That's what this issue could be called, with 20 recipes featuring mince, truly one of our favourite ingredients. Why? Well, apart from being budget friendly, mince is versatile, a great vehicle to carry flavours, is readily available, and comes in different varieties. And, because it generally has a bit of fat in it (unless you buy the heart-friendly versions), it tends to be pretty delicious, too! But wait, there's more! Think about all the high-rotation recipes that are literally unmakeable without mince – spag bol, meat pies, hamburgers, lasagne, moussaka... the list goes on and on. And we're aiming to add to that list with our Mince and Match recipes, starting on p30. There

For Super Food Ideas recipe success:

- ✱ We use Australian standard measures.
- ✱ In liquid measures, 250ml = 1 cup.
- ✱ Dry ingredients should be measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- ✱ 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- ✱ 1 teaspoon = 5ml.
- ✱ We use 59g to 60g eggs.
- ✱ We use 1000 watt microwaves, unless otherwise specified.

Nutrition know-how

gluten free contains no wheat, oats, rye or barley. **heart friendly** low saturated fat, high fibre, lower sodium with heart-friendly fats. **diabetes friendly** low saturated fat, high fibre (not for desserts), lower sodium with lower-GI carbs. **lower GI** contains foods with slowly digested carbohydrate(s), which produce a lower rise in your blood sugar level. **healthy** saturated fat must be < 6g; kilojoules < 3000kJ; sodium < 800mg. **high fibre** contains > 5g of fibre per main meal.

	LOW FAT	LOW SAT FAT	LOWER SODIUM	LOW KILOJOULE
Main meal	< 15g	< 6g	< 600mg	< 2000kJ
Side dish	< 8g	< 3g	< 400mg	< 1000kJ
Light meal	< 10g	< 4g	< 400mg	< 1500kJ
Snack/dessert	< 5g	< 2g	< 200mg	< 600kJ

Email questions about our recipes to superfoodideas@news.com.au

are simple twists on the classics – Hamburger with the lot salad (YUM!) and Shepherd's pie 'muffins', and additions to the tried and true, with a layer of lamb mince in a Greek spinach and fetta pie, or a simple dressed-up meatloaf wrapped in pastry and turned into Mince Wellington!

You'll also find plenty of other recipes to inspire you, all for \$4 or less per serve. Whether it's a feed for the home team in our footy food feature, p74 (food editor Kim was very pleased with the beef and sarsaparilla pies) or 10 terrific ideas for kids' parties (p82) including party pies on sticks, we've got all your entertaining covered. And the humble egg gets the sweet treatment in our dessert feature (p88). Our 'Original' recipe (p70) goes back to basics with Savoury mince. On thick buttered toast, we mincesist you make it!

Rebecca

Rebecca Cox, Editor



Our food editor Kim's delicious Chunky beef and sarsaparilla hand pies, p77, are just the thing to kick off the footy season.

super food ideas

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Super Food Ideas is published by NewsLifeMedia Pty Ltd (ACN 088 923 906), 2 Holt Street, Surry Hills NSW 2010. NewsLifeMedia Pty Ltd is a wholly owned subsidiary of News Limited (ACN 007 871 178). Copyright 2014, NewsLifeMedia Pty Ltd. All rights reserved. Pre-press by News PreMedia. Printed by Hannanprint, 8 Priddle Street, Warwick Farm NSW 2170 under ISO14001 Environmental Certification. Paper fibre is sourced from certified forests and controlled sources. Distributed by Gordon & Gotch, Unit 2, Bldg 2B, MFive Industry Park, 1 Moorebank Ave, Moorebank NSW 2170. Tel: (02) 8706 1704. Nutrition and health advice contained in Super Food Ideas is of a general nature only and does not constitute medical or dietetic advice. Readers should seek advice from a health professional to ensure changes to their diet and lifestyle are suitable for their individual circumstances.

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your food ideas

Like something? Hate something?
Cooked something? Took a picture
of it? We love all your feedback!



A sprinkle of festive cheer

My six- and four-year-old daughters had a blast decorating these Marshmallow Christmas trees (December, p122) and, of course, eating the finished product! It was a fun, easy recipe, and we've already decided to make it again, but we're going to add some peppermint essence to the marshmallow mixture for a minty surprise! Thanks for a great magazine. I'm looking forward to 2015 and growing my SFI collection.

Shannon Skead, via Facebook



TOO GOOD TO SHARE

I made Christmas cookies using the Shortbread Christmas trees recipe (December, p93). They were so yummy I had to hide them from my sister!

Brigitte Raftery, 7, via email



One of the things I love about the readers' letters page is finding recipes I've missed or overlooked, and scurrying back to previous issues to try them out.

The Eggs baked in patatas bravas (October, p33) that was featured on December's letters page is a case in point. Keep up the great work. Jan Nicholls, via email.



Summer starters

I was after light starters for Christmas, so I made the Goat's cheese, beetroot and walnut tartlets (p65) and the Prosciutto and basil-wrapped peaches (p65) from the December issue. The flavour combinations of both were amazing and perfect for a summer Christmas!

Linda Anderson, via Instagram



Write in and WIN!

Send letters and emails with a phone number and daytime address to SFI/Readers' Letters, Level 1, Locked Bag 5030, Alexandria NSW 2015, or email us at superfoodideas@news.com.au. Letters may be edited. This month's published readers receive a BeefEater prize pack, \$89.90 each, with a three-piece tool set and hands-free digital thermometer.

Entries open 9/2/15 and close 8/3/15. Australian residents only. Winners selected 11/3/15 at NewsLifeMedia. Total prize pool valued at \$449.50. For full terms and conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p96.



Miss 6 and Miss 4 sure know how to decorate a Christmas (bickie) tree!



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Casual White



recipe index

SIDES, STARTERS, SALADS AND SNACKS



Cauliflower, broccolini and almond salad



Cauliflower salad with tahini yoghurt dressing



Cheesy bacon corncobs



Crunchy potato wedges with chilli and lime salt

COVER RECIPE

We give Mexican a fresh, new layered twist

Layered beef enchilada bake



12



Mini corn, zucchini and ricotta fritters



Roasted cauliflower with sourdough and bacon crumble



Whole cauliflower gratin

VEGETARIAN



Eggplant parmigiana burgers



Roasted broccoli salad with brown rice and quinoa



Steamed tofu and Asian greens with sticky honey soy sauce

BEEF, PORK & LAMB



15-minute honey-soy meatball stir-fry



Burger with the lot salad



Cabbage, fennel and Mexican spiced beef salad



Chorizo and onion sliders with chimichurri aioli



Chunky beef and sarsaparilla hand pies



Chunky ham, pasta and vegetable frittata



Eggplant pastisio pie



Ginger beer pork ribs with corn and avocado salad



Gluten-free pork, chilli and tarragon sausage rolls



Greek lamb and spinach pie



Hot beef and beer chilli



Italian bangers and mash



Lebanese rice



Middle Eastern stuffed butternut pumpkin



Mince Wellington



Ratatouille and bacon pasta



Sausage casserole



Savoury mince



Seared skirt steak with spiced lentils



Shepherd's pie 'muffins'



Spaghetti and meatballs primavera



Spiced beef and pumpkin tortilla bake



Spicy pork flautas



Vietnamese lemongrass beef and noodle salad

Welcome to our recipe index! Feast your eyes on these dishes before turning to the recipe. Get started on your meal planning!

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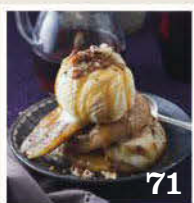
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This month, we're all about saving and savouring! Check out our dollar-saving dinners that are all under \$4 a serve. Plus, turn to p30 to see traditional mince meals in a new light!

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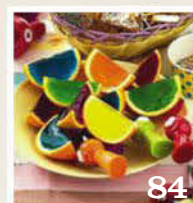
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SOMETHING EXTRA

new mexico

Love enchiladas? Bursting for a burrito? Do we have the recipe for you! This brilliant bake takes the best of both for a fresh twist on Mexican

Layered beef enchilada bake

Serves 6

Prep 15 minutes

(plus 10 minutes standing)

Cook 1 hour

2 tablespoons extra virgin olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

500g beef mince

1 teaspoon Mexican chilli powder

2 teaspoons ground cumin

2 x 400g cans chopped tomatoes

2 cups grated tasty cheese

420g can red kidney beans, drained, rinsed

420g can corn kernels, drained, rinsed

8 Old El Paso flour tortillas, halved

Lime wedges, to serve

Salsa

1 avocado, diced

½ cup fresh coriander leaves

½ small red onion, finely chopped

2 tomatoes, seeded, finely diced

1 tablespoon lime juice

1 Preheat oven to 200°C/180°C fan-forced.

Heat oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened.

Add garlic. Cook for 1 minute or until fragrant. Add

mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned. Stir in chilli powder, cumin and tomatoes. Season with salt and pepper. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 minutes.

2 Meanwhile, make salsa Combine avocado, coriander, onion, tomato and lime juice in a glass or ceramic bowl. Season with salt and pepper. Cover. Refrigerate until required.

3 Reserve 1 cup cheese. Combine remaining cheese, kidney beans and corn in a bowl. Spoon 1 cup mince mixture over the base of a 4cm-deep, 18cm x 21cm (base), 8-cup-capacity baking dish. Sprinkle with ¾ cup bean mixture. Top

with 4 pieces of tortilla to cover. Spoon 1 cup mince mixture over tortillas. Sprinkle with ¾ cup bean mixture.

Top with another 4 pieces of tortilla. Continue layering, finishing with a layer of bean mixture. Sprinkle with reserved cheese.

4 Bake for 20 minutes or until cheese is melted and golden. Stand for 10 minutes. Top with salsa. Serve with lime wedges.

NUTRITION: (per serve) 2965kJ; 38g fat; 16.3g sat fat; 40.1g protein; 46.6g carbs; 8.7g fibre; 85mg chol; 795mg sodium. ■

sfi ideas recommends

Old El Paso Tortillas are now better than ever, with a new recipe that makes them flexible and easy to use.



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high fibre
Layered beef
enchilada bake



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CHICKEN BURRITOS WITH MEXICAN RICE

HEARTY BURRITOS IN 4 SIMPLE STEPS.

MAKES: 8 BURRITOS

Mexican Rice:

2 cups chicken stock
1 cup long grain rice
½ bunch coriander leaves, finely chopped
Juice of a lime

Old El Paso™ Burrito Kit

600g skinless chicken fillets, cut into strips
1 small onion, cut into thin wedges
2 tablespoons olive oil

To Serve:

Whole iceberg lettuce leaves

- 1. Mexican Rice:** Bring stock to the boil, add the rice then cover and simmer for 20 minutes. Stir through coriander and lime juice.
- 2.** While rice is cooking, toss chicken, onion, oil and Burrito Spice Mix together in a bowl. Cook seasoned chicken in a frying pan over medium/high heat until golden brown.
- 3.** For deliciously warm and soft tortillas follow on pack instructions.
- 4.** Fill your warmed tortillas with lettuce, Mexican Rice, chicken and top with Mild Mexican Salsa, then fold into traditional burrito shape with foil and greaseproof paper and serve.



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checkout

Your guide to autumn produce, 10 new ways with mince and our top five meat pies

Feeding the family on a budget doesn't mean sacrificing taste, but with grocery prices here higher than London and New York, it's not always easy. Here are our three top tips to make every penny count

1 Meal planning really is the best way to save money. Initially it will take you some time to set up and work out a system that best suits you. Don't forget to check your pantry and freezer before starting, so you know what you already have on hand. Some people have a spreadsheet that they update every time they shop, so they can keep track! Checking catalogues (see p25 for more tips on this) before you start to plan means you can check out what's on

special and adjust your menu accordingly. This can also create opportunities for batch cooking meals for the freezer or cooking larger meals with 'planned overs' that can be used for another meal or packaged up for lunch. Another upside of sorting out your weekly meals is that you can add a new dish to the repertoire. One reader told us that she sits down with her kids and gets them to choose something from the latest issue of SFI to cook – we love hearing that, of course!

2 Here at SFI we like cooking with cheaper cuts of meat. After all, how many recipes do you really need for a beautiful fillet steak or tender lamb backstrap? Mince, though, is

endlessly versatile. Our feature on p30 takes advantage of this and the fact that mince can be prepared simply, with fresh ingredients added for flavour and texture – check out our Burger with the lot salad (p31) to see for yourself. To transform mince into any cuisine you like, just mix through a few herbs and spices – try the Middle Eastern stuffed butternut pumpkin (p32) for a delicious example.

3 Remember, with some things, a little goes a long way. More expensive ingredients that don't really fluctuate in price, such as nuts, cheeses and other deli items, can be used sparingly, as they're packed full of flavour. Nuts and fetta add crunch and saltiness to dishes, especially when sprinkled over the top to finish, while olives and sun-dried tomatoes can be mixed through sauces to add zing. ■



IN SEASON: autumn

Find out what's in season, and make the most of the rest of autumn's best with Claire's delicious recipes, designed for the whole family to enjoy

Recipes & food preparation Claire Brookman **Photography** Andrew Young **Styling** Sarah O'Brien **Words** Amira Georgy

Witlof

With a crisp texture and slightly bitter flavour, witlof is wonderful eaten raw in salads or braised in dishes. The leaves also make great boats for finger food.

Perfect partners: Blue cheese, dry white wine, pear, bacon, pancetta, roast chicken, apple, pumpkin, smoked trout, crab.

Quick ideas: Fill witlof leaves with a mixture of smoked trout, crème fraîche, chives and lemon juice. Toss witlof with pear, walnuts, blue cheese, rocket and white wine vinaigrette.

Mushrooms

More than just meat for vegetarians, mushrooms come in a plethora of varieties and are fantastic eaten raw, stir-fried, braised, barbecued and baked.

Perfect partners: Match shiitake, oyster and enoki with soy, sesame and garlic. Team button and Swiss browns with cream, parmesan and tomato.

Quick ideas: Fill large field mushrooms with chopped bacon, fetta, fresh breadcrumbs and thyme, and barbecue or bake in the oven until tender.

Pears

Perfect as a healthy snack, a lunchbox filler, in a side salad or starring in a crumble, pears are equally delicious in sweet and savoury dishes.

Perfect partners: Cinnamon, ginger, caramel, vanilla, chocolate, hazelnut, blue cheese, goat's cheese, parmesan, baby rocket.

Quick ideas: Cook peeled and chopped pears with brown sugar, butter, vanilla and orange juice until tender. Fill ready-made crepes with pear mixture and serve with vanilla ice-cream.

Witlof

Pears

Kiwifruit

Mushrooms

Kiwifruit

A great source of vitamin C, folate and fibre, and deliciously sweet, throw kiwifruit into your smoothies, fruit salads and sorbets.

Perfect partners: Coconut, passionfruit, vanilla, raspberries, blueberries, mango, lime, mint, orange.

Quick ideas: Make a low-fat Eton mess by layering crushed meringue nests, low-fat vanilla yoghurt, kiwifruit, toasted coconut flakes, raspberries and passionfruit pulp in serving glasses.

Figs

Said to have grown in the Garden of Eden, figs are heavenly to eat just on their own. Their intensely sweet aroma and flavour make them a flawless star in sweet dishes and a perfect match to salty additions.

Perfect partners: Prosciutto, goat's cheese, balsamic vinegar, black pepper, witlof, radicchio, ricotta, mascarpone, almonds, honey, basil, vanilla, caramel, marsala.

Quick ideas: Preheat a barbecue grill on high. Grill halved figs, cut-side down, for 1 minute or until lightly charred. Serve with honey, prosciutto and goat's cheese.

Pumpkin

Butternut, Queensland blue and Jap are just some of the pumpkin varieties available in supermarkets. They vary in sweetness, shape and size, but most are interchangeable.

Perfect partners: Nutmeg, cinnamon, blue cheese, cream, sour cream, honey, maple syrup, walnuts, red curry paste, roast beef.

Quick ideas: Sprinkle pumpkin wedges with cumin. Bake until tender. Drizzle with honey and sprinkle with sumac, coriander leaves and pomegranate seeds.

Pomegranate

Thought to be one of the oldest fruits on the planet, pomegranates are full of antioxidants, a great source of vitamin C and K, and just half a pomegranate is

equivalent to two serves of fruit. Blitzing the seeds will result in a refreshing juice, just don't forget to strain it first.

Perfect partners: Braised lamb, pistachios, yoghurt, pumpkin, rosewater, meringue, honey, carrots, couscous, grilled white fish, cauliflower, labna, haloumi, freekeh.

Quick ideas: Mix couscous, roasted carrots and cauliflower, coriander, pomegranate seeds, lemon dressing and fetta.

Grapes

Loved by adults and kids alike, grapes are an easy snack to enjoy and have a low glycaemic index, giving you a long-lasting energy boost.

Perfect partners: Yoghurt, pecans, apples, rosemary, haloumi, ricotta, roast turkey, roast pork, prosciutto, strawberries, almonds.

Quick ideas: Top pizza bases with bocconcini, halved grapes, dried oregano, and blue cheese. Bake until bases are crisp. >





Cabbage, fennel and Mexican spiced beef salad

Serves 4

Prep 30 minutes (plus 2 hours marinating) **Cook** 10 minutes

- 2 garlic cloves, crushed
- 2 teaspoons ground coriander
- ½ teaspoon dried oregano
- 3 teaspoons ground cumin
- 3 teaspoons smoked paprika
- ¼ teaspoon hot chilli powder
- ½ teaspoon brown sugar
- ¼ cup rice bran oil
- 600g beef rump steak, very thinly sliced
- 3 flour tortillas
- Olive oil cooking spray
- ¼ cup lemon juice
- ½ (800g) green cabbage, finely shredded (see notes)
- 1 fennel bulb, trimmed, thinly sliced (see notes)

- 1 nashi, quartered, cored, thinly sliced
- 1 tablespoon extra virgin olive oil
- 50g mozzarella, finely grated

- 1 Combine garlic, ground herbs and spices, sugar and 2 tablespoons rice bran oil in a glass or ceramic dish. Add beef. Stir to coat. Cover. Refrigerate for 2 hours, if time permits, to marinate.
- 2 Preheat oven to 200°C/180°C fan-forced. Lightly grease a baking tray. Cut each tortilla into 1cm-thick strips. Spray with oil. Season with salt and pepper. Bake for 4 to 5 minutes or until golden and crisp. Transfer to a wire rack to cool.
- 3 Meanwhile, heat a wok over medium-high heat. Add 2 teaspoons remaining rice bran oil. Swirl to coat. Add ½ the beef mixture. Stir-fry for 2 to 3 minutes or until browned. Transfer to a bowl. Cover. Repeat with remaining rice bran

oil and beef. Drizzle beef with 1 tablespoon lemon juice.

4 Combine cabbage, fennel, nashi and beef in a large bowl. Add combined extra virgin olive oil and remaining lemon juice. Toss to combine. Divide among serving dishes. Top with tortilla crisps. Sprinkle with cheese. Serve immediately.

NUTRITION: (per serve) 2444kJ; 32.3g fat; 8.1g sat fat; 39.5g protein; 29.1g carbs; 10.6g fibre; 98mg chol; 425mg sodium.

Cook's notes

- We used a mandolin to finely shred the cabbage and fennel. You could also use the widest blades on a vegetable grater.
- Reserve fennel fronds to sprinkle over the salad when serving.

Ginger beer pork ribs with corn and avocado salad

Serves 6

Preps 15 minutes (plus 4 hours marinating and 10 minutes standing)

Cook 3 hours 15 minutes

4cm piece fresh ginger, peeled, finely grated

4 garlic cloves, crushed

750ml bottle ginger beer

$\frac{1}{3}$ cup barbecue sauce

$\frac{1}{3}$ cup brown sugar

$\frac{1}{3}$ cup Worcestershire sauce

$\frac{1}{3}$ cup apple cider vinegar

3 racks (1.5kg) American-style pork ribs

Fresh coriander leaves and lime halves, to serve

Corn and avocado salad

$\frac{1}{2}$ teaspoon garlic salt

$\frac{1}{4}$ teaspoon smoked paprika

2 tablespoons extra virgin olive oil

4 corncobs, husks and silks removed

1 small red capsicum, thickly sliced

1 avocado, halved, sliced

$\frac{1}{2}$ small red onion, thinly sliced

2 tablespoons lime juice

1 Combine ginger, garlic, ginger beer, barbecue sauce, sugar, Worcestershire and vinegar in a large shallow glass or ceramic dish. Add ribs. Turn to coat. Cover. Refrigerate for 4 hours or overnight, if time permits, to marinate.

2 Preheat oven to 180°C/160°C fan-forced. Remove ribs from fridge and stand for 10 minutes. Tightly cover with foil. Bake in marinade for 2 hours 30 minutes or until tender. Carefully remove ribs from marinade. Transfer 2 cups marinade to a small saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Simmer for 20 minutes or until reduced by half and thickened.

3 Make corn and avocado salad Preheat barbecue chargrill on medium. Combine garlic salt, paprika and 1 tablespoon oil in a large bowl. Add corn. Rub all over to coat. Chargrill, turning, for 10 minutes or until corn is tender and slightly charred. Transfer to a chopping board. Carefully cut kernels from cobs in large chunks. Place corn, capsicum, avocado and onion in a bowl. Drizzle over lime juice and remaining oil. Gently toss to combine.

4 Add ribs to barbecue chargrill. Cook, brushing with marinade, for 4 to 5 minutes each side or until caramelised and slightly charred. Cut ribs into portions and serve with corn and avocado salad.

NUTRITION: (per serve) 2582kJ; 42.3g fat; 11.4g sat fat; 22.1g protein; 32.9g carbs; 4.9g fibre; 93.3mg chol; 450mg sodium. >



\$5.50
per serve

Ginger beer pork ribs with corn and avocado salad

barbecue

vegies
per serve

Steamed tofu and Asian greens with sticky honey soy sauce

Serves 4

Prep 10 minutes Cook 20 minutes

1½ cups jasmine rice

6cm piece fresh ginger, peeled

3 garlic cloves

1 teaspoon peanut oil

¼ cup soy sauce

2 tablespoons honey

1 tablespoon Chinese rice wine

1 bunch gai lan, trimmed, leaves and stems separated (see note)

1 bunch baby choy sum, trimmed, leaves and stems separated (see note)

600g firm tofu, thickly sliced

1 green onion, thinly sliced

1 long red chilli, sliced

1 Cook rice, following packet directions, until tender. Cover to keep warm.

2 Meanwhile, finely grate 2cm ginger. Crush 1 garlic clove. Heat oil in a small frying pan over medium heat. Add ginger and garlic. Cook for 1 minute or until fragrant. Add soy sauce, honey and wine. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until slightly thickened.

3 Place a large steamer over a wok or large saucepan of simmering water. Thinly slice remaining ginger and garlic cloves. Place in steamer. Top with gai lan and choy sum stems. Steam, covered, for 2 minutes. Add leaves. Steam, covered, for a further 2-3 minutes or until just tender. Transfer to a dish. Cover to keep warm.

4 Place tofu on a piece of baking paper. Place in steamer. Cook for

5 minutes or until heated through.

Divide rice among serving dishes. Top with greens and tofu. Drizzle with sauce. Sprinkle with onion and chilli. Serve.

NUTRITION: (per serve) 2182kJ; 8g fat; 1.5g sat fat; 22.3g protein; 88.8g carbs; 5.7g fibre; 0mg chol; 1049mg sodium. ■

Cook's note You can find gai lan, also know as Chinese broccoli, and baby choy sum in the fruit and veg section of the supermarket.

low fat

low saturated fat

Steamed tofu and Asian greens with sticky honey soy sauce

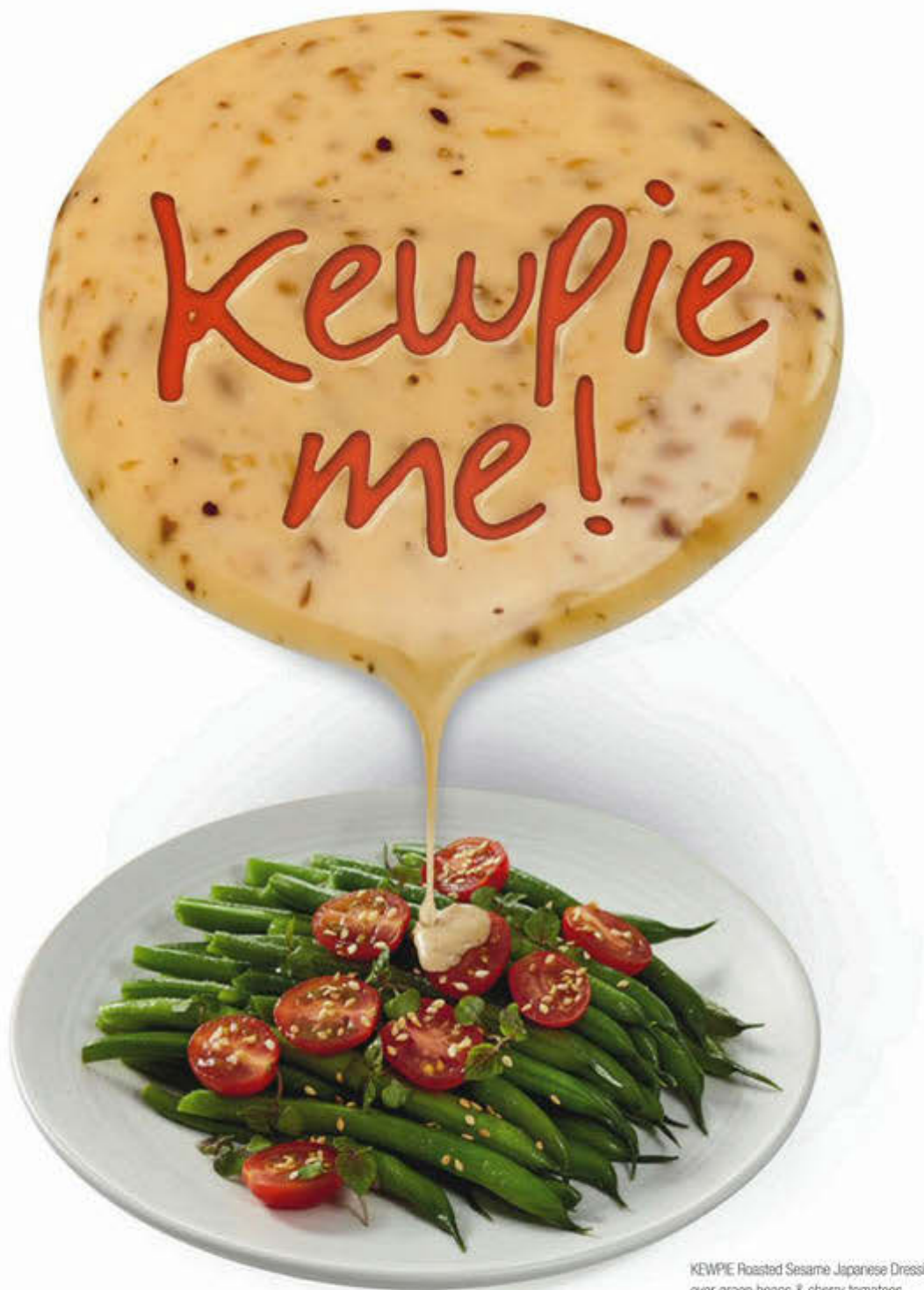
\$3.01
per serve

Asian

Vegetables
per serve

vegetarian

Takes
30 mins



KEWPIE Roasted Sesame Japanese Dressing
over green beans & cherry tomatoes

KEWPIE YOUR SALAD



with one of Japan's
favourite brands.

KEWPIE Japanese salad dressings
and mayonnaise are available in the
Asian food section of supermarkets
and at leading Asian grocery stores.
www.oriental.com.au





kim's kitchen

Food editor Kim Coverdale welcomes the new season with these great gadgets



Food team's pick!

Peas to please

Salt and pepper have always been peas in a pod don't you think? Season your meals with these adorable best buds! Made by Mozi Australia, you can find these ceramic shakers, \$29.95, at hardtofind.com.au.



All aboard!

Toot toot – baking mix express to the oven! Check out these Cupcake Express Baking Cups by Fred, \$24.95. Made with food-safe silicon, it comes with four carriages to haul tasty treats in and out of the oven. Visit yellowoctopus.com.au.

Play with your food

I wish I had one of these when I was young! This spaghetti fork from Donkey Products, \$17.95, has a cranked handle to twirl up pasta. It will keep little ones entertained and, more importantly, fed! Visit until.com.au.



Time keeper

However you like to boil an egg, this colourful timer from Davis & Waddell, \$19.95, has you covered. Flip it for three, four or seven minutes – you've got time to decide! Visit purplespoilz.com.au.

Spoon fed

We all love a sneaky sing while we're cooking. Why not embrace your kitchen rockstar with a Big Stirrer spoon? Or, give the gift of suggestion with its more 'comfortable' counterpart. They're \$20 each from downthatlittellelane.com.au.



go-go gadget

Make cooking more exciting and fun in your kitchen this autumn with these fab products!

Top gun

Arm yourself with this awesome Condiment Dispenser ray gun from Opus! You can load it up with two kinds of saucy ammo and be as trigger happy as you like. It's \$24.95, opusdesign.com.au.

Say cheese

Finally, a knife set that understands me. Each knife in this 5-piece 'Cut to the Cheese' set, \$19.95, is designed for a different type and texture of cheese, so there's no gooey bits of brie stuck to your vintage cheddar. Visit opusdesign.com.au.



Peeler appeal

A julienne peeler creates perfect matchstick strips, which is a great way to jazz up salads and other veggie-based dishes. This carrot handle julienne peeler, \$8.99, from Kuhn Rikon, reminds us what it's for. For stockists, call (03) 9474 1300.



Make Pancakes

Delicious

Add Nutella,
banana & strawberries



For more pancake ideas go to nutella.com.au

RECIPES
FROM THE
VAULT

a taste of nosh-talgia

Sausages are a budget crowd-pleaser – enjoy this casserole from 2004

Sausage casserole

Serves 4

Prep 10 minutes **Cook** 45 minutes

8 thick beef sausages

2 tablespoons olive oil

1 brown onion, thinly sliced

2 garlic cloves, crushed

2 tablespoons tomato paste

2 x 415g cans crushed tomatoes

½ cup beef stock

2 teaspoons sugar

2 tablespoons fresh thyme leaves,
plus extra to serve

2 cups mashed potato, to serve

1 Heat a frying pan over medium heat. Cook sausages for 8 minutes or until golden. Thickly slice.

2 Heat oil in a saucepan over medium

heat. Add onion. Cook for 5 minutes or until softened. Add garlic and tomato paste. Cook for 1 minute.
3 Add tomatoes, stock and sugar. Bring to the boil. Reduce heat to medium-low. Simmer for 20 minutes.
4 Add thyme and sausage. Cook for 10 minutes or until sausage is heated through. Season with salt and pepper. Serve with mashed potato and extra thyme.

NUTRITION: (per serve) 3037kJ; 44.5g fat; 16.8g sat fat; 30.6g protein; 48.4g carbs; 7.7g fibre; 116mg chol; 2245mg sodium. ■



sausages of the world



These Curried sausages from March 2013 brought back memories for lots of readers.

Take a tour of sausages from across the globe...

Here in Australia we love a good snag! Whether it's wrapped simply in a piece of white bread, put in a roll with caramelised onions, grated cheese, tomato sauce and mustard, or chopped up and served in a casserole, we can't get enough sausages! But, we're not the only ones...

Well travelled

People from far-reaching corners of the globe love sausages just as much as we do! In the UK, you'd be hard-pressed to find a good old English pub that didn't serve bangers and mash, and the all-American hot dog... need we say more! Travel to Germany and you'll find the bratwurst – a source of much local pride – made from finely minced pork and beef, and served with sweet German mustard. South

Africans celebrate Braai (barbecue) Day, where boerewors, local coiled sausages, are on the menu.

In Croatia, traditional čevapi, a skinless sausage made with beef and pork, are served with lemon wedges and sour cream. Spicy pork chorizo is popular in Spain, served as part of a tapas feast or in a paella, and in China, dried and cured lup chong sausages can be found in many dishes.

Local flavour

Being the multicultural nation of sausage lovers that we are, Australians have embraced the snags of the world. We love chorizo (see our sliders, p80), enjoy bangers and mash on a cold winter's night and throw lup chong into our stir-fries. It's safe to say, sausages from around the world have made their way into our kitchens!

\$mart Shopper

Catalogues

Supermarket catalogues – they're stuffed in the letterbox each week (often at the mercy of the weather and snails!) and while it's tempting to toss them out, they're worth a flick, as there are savvy savings to be had! And we're clearly not the only ones having a glance, with Woolworths reporting in its 2013 Trolley Trends research that one in four customers purchase nearly half of their food and drinks on special.

Page-turner

Whether you use them to plan your weekly menu, or see it as an opportunity to stock up on non-perishable items and household goods, catalogues are a great way to discover discounts and slash dollars off the weekly grocery bill. And when you do the math, cutting just \$20 off the weekly shopping bill through buying specials adds up to a nifty saving of \$1000 over the year! But just remember, buying products you normally wouldn't eat, just because they're on special, isn't a saving – especially if you end up throwing them out unused!

App happy

Most of the major supermarket chains, including Coles, Woolworths, IGA and Aldi, offer mobile apps that feature localised catalogues. Some of the apps, including Woolworths and Coles, even send personalised notifications when an item saved to your shopping list on the app goes on sale. Many websites and apps also collate weekly catalogues and let you compare discounts across all the major supermarkets.

Check out grocerywatch.com.au, and the app Half Price Specials.

Tips to success

1 Match prices If you don't have the time to shop around, take the catalogues along with you when you do your regular shop. Some stores will match prices if you point out a special on a particular product at another store.

2 Check dates For items you occasionally use, or items you use regularly but only in small amounts, such as condiments and spreads, be wary of stocking up, as you might not get through them by their use-by date.

3 Fresh first Catalogues are often full of processed foods. Don't sacrifice buying fresh fruit and vegetables in place of less healthy foods, just because they're on special.

4 Taste test If you're a loyalist, specials are a great opportunity to try new products or a different brand. You might be surprised with the quality of a cheaper or lesser known product!

5 Late-night run Don't just rely on catalogues to notify you of specials. Many supermarkets discount produce and perishable goods, especially in the evening, before taking delivery of new stock.



We asked you:

f How do you use weekly supermarket catalogues? Do you think they cut costs from your weekly shopping list?

You said:

• "I tend to stock up on essential items, such as washing-up liquid and toilet paper, when they are on special." **Diane Bankier**

• "I do nearly all of my weekly shop from catalogues. I'll only buy regular items when they're on special, and will stock up, too. I refuse to pay full price, as generally, most things come on sale every few weeks."

Amanda Jeffery

• "As an extreme budget shopper, I never use them, as it tends to be the big brands only. I find it cheaper to stick to the one supermarket, as I know my way around and can easily avoid temptations." **Donna Pollett**

• "I keep a list of items that are running low, so when the catalogues come in, I sit with my list and work out where's cheaper to buy from." **Jenna Bishop**

• "Quite often I will meal-plan around the catalogues – especially when meat is on sale!" **Cindy Hayward**

EXPERT ADVICE

Dr Harrison says:

“Specials in supermarkets and catalogues produce a psychological response known as the scarcity effect. This is where we think that because an item is on special, it must only be available at this particular shop or for a short period of time, so we afford it more value than other similar products.”



Dr Paul Harrison,
senior lecturer
in marketing at
Deakin University

super spy

Rosie reveals what the team's eating, buying and loving this month

...impressed by it



No matter how hard I looked, I was never going to spot the hidden peas and corn in Vetta's new Super Veg pasta, \$2.42. The peas and corn are dried, then milled to form a natural vegetable flour, so once it's cooked, it

looks like any other bowl of pasta. However, those unsuspecting kids are also getting one serve of vegetables per 50g of pasta. Find it at Woolworths.

...sipped it

We're always excited when a new product

arrives at SFI HQ, and even more so when it's an old favourite made over. The new Barker's of Geraldine lite blackcurrant fruit syrup, \$8.25, is full of antioxidants, but has 50 per cent less sugar than the regular variety. Plus, it's sweetened with stevia, rather than artificial sweeteners, so it still has a natural taste. Find the syrup in the cordial aisle at Coles.



...cooked it

Going meat free doesn't mean missing out! **Suzy Spoon's Vegetarian Kitchen** (\$39.99, Pan Macmillan) is full of delicious and hearty burgers, lasagnes, roasts and pastas – and there is no meat to be seen! I made the Sage and garlic bean burgers – they were so easy to prepare and it only cost me about \$12 to feed eight (hungry) mates!



Sage and garlic bean burgers



My version!



...tried it

No matter how delicious the filling, if it's on multigrain bread, some kids just won't touch it – which means getting enough fibre in their diet can feel like a battle. WonderWhite is winning the fight for you, with its high-fibre sandwich bread, \$3.80. A blend of milled corn, oats and soy, the bread is still white and fluffy, and just two slices provides half the daily fibre intake for kids aged two to 11. Find it in Woolworths and Coles.



note it!

fun!

The Sydney Royal Easter Show, March 26 to April 8, isn't just about the showbags, rides and fireworks! It's also a great way to check out produce, meet passionate farmers and introduce kids to rural life – make sure you don't miss the impressive district exhibits. Visit eastershow.com.au.



foodie!

If you're a food-lover through and through, jot the Melbourne Food & Wine Festival in your diary. From February 27 to March 15, you can enjoy Melbourne's best produce, wine, and scenery. Visit melbournefoodandwine.com.au.



feel good!

According to the organisers of Meat Free Week, Australians eat almost three times as much meat as the world average, which affects our health, the environment and even our household finances. Meat Free Week, March 23 to 29, encourages you to try it for a week and in the process raise money for charity. Visit meatfreeweek.org.



MARCH 2015

frozen meat pies

shelf talk

1
golden oldie
Sargents traditional meat pie

2
footy fave
Four'n Twenty traditional meat pie

3
just like Mum's
Woolworths Select beef pie

4
a pie to try
Elmsbury meat pie

5
long live the king!
Herbert Adams gourmet King Island beef pie

With the footy season kicking off, here are our top meat pies



1 Sargents traditional meat pies, \$8.06 for 4

Layer upon layer of puff pastry gives this pie a thick and crisp crust, evident by the loud crunch after the first bite. The meat filling is extra chunky, too. If only they still sold for a penny like they did back in 1891!



2 Four'n Twenty traditional meat pies, \$8.14 for 4

With a succulent meat filling and a thick case that prevents the pie from falling apart while eating, is it any wonder this pie is a top pick to enjoy at the footy? We like ours with a dollop of sauce and hot chips on the side!



3 Woolworths Select beef pies, \$6.45 for 4

This pie looks and tastes exactly how you would expect Mum to make it – a golden crust, generous pieces of meat and a flavoursome gravy. It also has the lowest amount of sodium, and has no artificial colours, flavours or preservatives.



4 Elmsbury meat pies, \$3.69 for 6

The pastry topping of this Aldi pie is flaky and buttery, but with a thick outer brim, so the filling didn't boil over during cooking. And thank goodness it didn't, because we savoured every mouthful of the rich and delicious meat filling.



5 Herbert Adams gourmet King Island beef pies, \$6.64 for 2

If you're after a meat pie you can serve to a friend and claim you made it from scratch, this is it! The pie has an even, golden crust and the large pieces of King Island beef are so tender you can understand the premium price!



Choose your
cabinets

Great selection of
taps and sinks

Top-quality
appliances

THE SUPER KITCHEN

START THE NEW YEAR WITH A NEW SPACE. WHETHER IT'S TIME TO RENOVATE, REFRESH OR JUST REORGANISE, THERE'S AN IKEA KITCHEN SOLUTION FOR YOU.

THE CHOICE IS YOURS

Every home deserves a dream kitchen – smart, flexible in its design, high quality, plenty of storage – and a welcoming space for family and friends. IKEA kitchens come in a wide range of styles, designs and colours so you can create the ideal space to suit your taste and budget.

From cabinets and benchtops to clever appliances, smart interior solutions and energy-efficient lighting, everything you need to renovate and update your kitchen can be found at IKEA. And the great thing is, you can mix and match to suit your style. Choose the cabinets – you might like a combination of

glass and solid cabinets, then find the handles and knobs to go with the look. Decide whether you want an island bench, then select a stone, wood or laminate benchtop. IKEA offers top-quality appliances that are carefully selected to fit the kitchens, and a great range of cookware and utensils to complete the look.

MAKE THE MOST OF YOUR SPACE

If a lack of storage and organisation is an issue in your kitchen, you'll find some handy solutions at IKEA. When planning your kitchen, consider mounting cabinets and shelves all the way to the ceiling for extra storage. Deep drawers are great for storing

food, containers and dinner sets. Optimise corner areas with swing-out cupboards with adjustable shelves to store all your pots and pans. And don't forget the wall space – use it to mount knife racks and rails to hang utensils, so everything you use regularly is close at hand. There's an extensive range of containers, small boxes and drawer dividers to keep the cupboards and shelves organised, too.

DESIGN IT YOURSELF

Check out all the options and start planning your new kitchen with the IKEA online Kitchen Selector and Home Planning tools. It's so easy!



get your kitchen sorted
for the new year and
make the most of the
exciting new space



Clockwise from top
left: IKEA 365+ 7-piece
Cookware set, \$49.99;
DROPPAR Jars with
lids, from \$5.99-\$14.99
each; GRUNKA
4-piece Kitchen
utensil set, \$9.99;
BOHOLMEN
Chopping board,
\$7.99, and VARIERA
Storage boxes, small,
\$3.99 each.



**Get a \$200 IKEA voucher for every
\$1000 spent on your IKEA kitchen***

IKEA FAMILY member offer

VALID JANUARY 23 TO MARCH 1, 2015

*Offer available from January 23 to March 1, 2015 for IKEA FAMILY and IKEA BUSINESS members who swipe or scan their membership card. The \$200 IKEA voucher(s) issued as part of this promotion will be valid for redemption from March 2 to May 30, 2015 only. For full terms and conditions, visit IKEA.com.au/terms. Offer and prices valid in NSW, VIC and QLD only.



**For more ways to create your super kitchen,
visit in-store or go to IKEA.com.au/kitchens.**

For information on Interest-Free Finance, visit ikea.com.au/services.
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Greek lamb and spinach pie

\$3.90
per serve



mince and match

There's no end to what you can create with mince. We've taken traditional recipes and given them one of our signature makeovers – all for \$4 or less per serve!

Recipes & food preparation Lucy Nunes **Photography** Andrew Young **Styling** Fiona Sinclair

Greek lamb and spinach pie

Serves 4

Prep 30 minutes (plus cooling)

Cook 1 hour 10 minutes

2 teaspoons extra virgin olive oil

1 brown onion, finely chopped

400g lamb mince

3 garlic cloves, crushed

250g packet frozen chopped spinach, thawed, drained

3 eggs, lightly beaten

100g fetta, crumbled

100g fresh ricotta, crumbled

½ cup finely grated parmesan

⅓ cup finely chopped fresh mint leaves

⅓ cup finely chopped fresh flat-leaf parsley leaves

1 teaspoon finely grated lemon rind

½ teaspoon ground nutmeg

10 sheets filo pastry

80g butter, melted

1 lemon, cut into wedges

80g mixed salad leaves

250g cherry tomatoes, halved

1 Heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Increase heat to high. Add mince. Cook, breaking up with a wooden spoon, for 3 minutes or until browned. Add garlic. Cook, stirring, for 1 minute. Remove from heat. Set aside to cool completely.

2 Using your hands, squeeze excess moisture from spinach. Place in a large bowl with eggs, cheeses, herbs, lemon rind and nutmeg. Add cooled lamb mixture. Season with salt and pepper. Mix well.

3 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 20cm square ovenproof dish.

4 Place 1 filo sheet on a flat surface.

Brush with a little butter. Top with 1 filo sheet. Repeat to make a stack of 5 sheets. Repeat with remaining filo and butter to make a second stack of 5 sheets. Cut each stack in half crossways. Line pan with filo stacks, slightly overlapping pastry on base of pan and allowing excess pastry to hang over edges of pan. Spoon lamb mixture into pan. Fold excess pastry over mince mixture to enclose. Brush pastry with remaining butter.

5 Bake for 1 hour or until pastry is golden and crisp. Stand in pan for 10 minutes. Cut into pieces. Serve warm or at room temperature with lemon wedges, salad leaves and tomato.

NUTRITION: (per serve) 2774kJ; 42.3g fat; 22.9g sat fat; 42.1g protein; 24.4g carbs; 7.6g fibre; 261mg chol; 1070mg sodium.

Burger with the lot salad**Serves** 4**Prep** 20 minutes**Cook** 1 hour 35 minutes**1/3 cup whole-egg mayonnaise****1 tablespoon lemon juice****Pinch of ground chilli****2 garlic cloves, crushed****2 large beetroot, peeled,
cut into wedges****1/3 cup extra virgin olive oil****1 red onion, halved, cut into wedges****4 roma tomatoes, cut into wedges****150g ciabatta bread, cut into
1cm-thick slices****600g beef mince****1 tablespoon finely chopped fresh
flat-leaf parsley leaves****4 thin slices pancetta****1/2 small iceberg lettuce, cut into 4 wedges****Extra flat-leaf parsley leaves, to serve**

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Combine mayonnaise, lemon juice, chilli, 1 tablespoon cold water and 1/2 the garlic in a small bowl. Season with salt and pepper. Refrigerate dressing until required.

2 Place beetroot on prepared tray. Drizzle with 2 teaspoons oil. Season well with salt and pepper. Roast for 45 minutes, adding onion and tomato, and drizzling with 2 teaspoons oil, after 10 minutes.

3 Place bread on a baking tray. Drizzle both sides of bread with 2 tablespoons remaining oil. Bake for 10 minutes each side or until golden. Tear into pieces.

4 Meanwhile, combine mince, parsley and remaining garlic in a large bowl. Season with salt and pepper. Shape heaped tablespoons of mince mixture into patties. Place on a baking tray lined with baking paper.

5 Heat 1 tablespoon oil in a large, non-stick frying pan over medium heat. Add 1/2 the patties. Cook for 5 minutes each side or until cooked through. Transfer to a plate. Cover to keep warm. Repeat with remaining patties. Add pancetta to pan. Cook for 4 minutes each side or until golden and crisp. Transfer to a plate lined with paper towel to drain. Tear into small pieces.

6 Add patties, pancetta and bread to vegetables. Toss to combine. Divide among plates with lettuce. Dollop with dressing and sprinkle with extra parsley. Serve.

NUTRITION: (per serve) 3019kJ; 50.1g fat; 10.8g sat fat; 40.8g protein; 24.7g carbs; 6.2g fibre; 103mg chol; 677mg sodium. >

Add an extra \$1 ... to buy you another classic Aussie burger ingredient. Serve the salad topped with a fried egg – sunny-side up!

high in iron
Burger with
the lot salad

\$3.65
per serve

5+
per serve

classic
makeover

Middle Eastern stuffed butternut pumpkin

Serves 4

Prep 20 minutes

Cook 2 hours

1.6kg small butternut pumpkin,
halved lengthways

1 tablespoon extra virgin olive oil

1 brown onion, finely chopped

350g lamb mince

1 tablespoon Moroccan spice mix

3 garlic cloves, crushed

1 cup cooked brown rice

(see note)

½ cup finely chopped fresh
coriander leaves

⅓ cup slivered almonds, toasted

2½ tablespoons lemon juice

1½ cups Greek-style yoghurt

Fresh coriander leaves and extra
toasted slivered almonds, to serve

1 Preheat oven to 220°C/200°C fan-forced.

Line a baking tray with baking paper.

2 Remove and discard pumpkin seeds and membranes. Place pumpkin, cut-side down, on prepared baking tray. Cover tightly with foil. Roast for 1 hour.

3 Meanwhile, heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Increase heat to high. Add mince. Cook, breaking up with a wooden spoon, for 3 minutes or until browned. Add spice mix and ⅔ of the garlic. Cook, stirring, for 1 minute or until fragrant. Add rice, coriander, almonds and 1½ tablespoons lemon juice. Season with salt and pepper. Stir to combine.

4 Turn over pumpkin. Leaving a 2cm border around edge of pumpkin halves, scoop out flesh. Finely chop flesh. Add to lamb mixture. Stir to combine. Spoon

mixture into pumpkin cavities. Cover tightly with foil. Roast for a further 1 hour or until pumpkin is very tender.

5 Meanwhile, combine yoghurt and remaining lemon juice and garlic in a small bowl. Season with salt and pepper. Serve pumpkin drizzled with yoghurt sauce and sprinkled with coriander leaves and extra almonds.

NUTRITION: (per serve) 2391kJ; 25.3g fat; 9.1g sat fat; 30.3g protein; 59.2g carbs; 8.7g fibre; 72mg chol; 435mg sodium.

Cook's note You will need to cook about ½ cup brown rice.

Add an extra \$1 ... to buy you a touch of sweetness. Balance the spice by adding dried cranberries or currants to the rice mixture.

high fibre lower sodium

Middle Eastern stuffed
butternut pumpkin

vegie
6
per serve

\$3.25
per serve



\$3.70
per serve

high fibre lower sodium

Spaghetti and meatballs
primavera

Spaghetti and meatballs primavera

Serves 4

Prep 30 minutes **Cook** 20 minutes

- 1 slice white bread
- 2 tablespoons milk
- 500g pork and veal mince
- 1½ teaspoons dried oregano
- 1 garlic clove, crushed
- ⅓ cup Cobram Estate Classic Flavour extra virgin olive oil
- 1 tablespoon lemon juice
- 500g dried spaghetti
- 3 zucchini, halved lengthways, thickly sliced diagonally
- 4 yellow squash, halved, cut into wedges
- 1 cup frozen peas

- ¼ cup torn fresh mint leaves, plus whole leaves to serve
- ⅓ cup finely grated parmesan, to serve

- 1** Place bread on a small plate. Drizzle with milk. Stand for 1 minute. Squeeze out excess milk. Tear bread into small pieces. Place in a large bowl with mince, oregano and garlic. Season with salt and pepper. Mix well to combine. Roll level tablespoons of mixture into balls. Place on a baking tray lined with baking paper.
- 2** Heat 1 tablespoon oil in a large non-stick frying pan over medium heat. Add ½ the balls to pan. Cook, turning, for 10 minutes or until golden and cooked through. Transfer to a plate. Cover to keep warm. Repeat with 1 tablespoon oil and remaining balls.

- Return balls to pan. Drizzle with lemon juice.
- 3** Meanwhile, cook pasta in a large saucepan of boiling salted water, following packet directions, adding zucchini, squash and peas 3 minutes before end of cooking time. Drain.
- 4** Return pasta mixture to pan. Add meatballs, mint and remaining oil. Season with salt and pepper. Toss to combine. Divide among serving plates. Sprinkle with parmesan and mint leaves. Serve.

NUTRITION: (per serve) 3715kJ; 31.6g fat; 7.5g sat fat; 48.3g protein; 96.1g carbs; 10.7g fibre; 95mg chol; 350mg sodium. >

Add an extra \$1 ... to buy you a light, creamy sauce. Add a splash of pure cream to the pan in step 4, tossing to coat.



\$3.99
per serve

barbecue



Takes
30 mins

lower sodium

Chicken tikka skewers

Chicken tikka skewers

Serves 4

Prep 20 minutes

Cook 10 minutes

You'll need 8 pre-soaked bamboo skewers for this recipe.

1 red onion, halved

400g chicken mince

¼ cup tikka masala medium
curry paste

1¼ cups roughly chopped fresh
coriander leaves

1 Lebanese cucumber, finely chopped

3 roma tomatoes, finely chopped

1 cup Greek-style yoghurt

¼ cup finely shredded fresh
mint leaves

1 garlic clove, crushed

4 cups steamed basmati rice, to serve

1 Finely chop ½ the onion. Combine with mince, curry paste and 2 tablespoons coriander in a large bowl. Divide evenly into 8 portions. Using wet hands, shape each around 1 skewer to form a sausage. Place on a baking tray lined with baking paper.
2 Thinly slice remaining onion. Combine onion, cucumber, tomato and remaining coriander in a medium bowl.

3 Preheat a greased barbecue hotplate on high. Reduce heat to medium. Cook skewers, turning, for 8 to 10 minutes or until lightly charred and cooked through.
4 Meanwhile, combine yoghurt, mint and

garlic. Season with salt and pepper. Serve skewers with salad, raita and rice.

NUTRITION: (per serve) 2184kJ; 14.7g fat; 5.9g sat fat; 30.9g protein; 62.5g carbs; 3g fibre; 69mg chol; 430mg sodium.

Add an extra \$1 ... for hot garlic naan. Brush plain naan bread with oil and crushed garlic. Wrap in foil and bake until heated though.

ideas make ahead

You can make uncooked skewers up to 2 days ahead. Place in an airtight container between sheets of baking paper. Refrigerate for up to 2 days.

Mince Wellington

Serves 4

Prep 30 minutes (plus cooling*)

Cook 1 hour 25 minutes

2 teaspoons extra virgin olive oil

1 brown onion, finely chopped

1 carrot, coarsely grated

3 garlic cloves, crushed

30g butter

250g cup mushrooms, very finely chopped

2 teaspoons chopped fresh thyme leaves

1 slice white bread

2 tablespoons milk

500g beef mince

2 tablespoons tomato sauce

1 tablespoon Worcestershire sauce

1 tablespoon finely chopped fresh flat-leaf parsley leaves

2 sheets frozen puff pastry, partially thawed

1 egg, lightly beaten

1kg cream delight potatoes, peeled, chopped

Extra ½ cup milk

Extra 20g butter

500g steamed vegetables

Gravy, to serve

1 Heat oil in a large frying pan over medium heat. Add onion and carrot. Cook,

stirring, for 5 minutes or until softened.

Add ½ the garlic. Cook for 1 minute.

Remove from heat. Transfer to a heatproof bowl. Set aside to cool completely.

2 Melt butter in pan over medium-high heat. Add mushroom. Cook, stirring, for 8 minutes or until softened and liquid has evaporated. Stir in thyme and remaining garlic. Cook, stirring, for 1 minute or until fragrant. Remove from heat. Set aside to cool completely.

3 Preheat oven to 190°C/170°C fan-forced. Line a large baking tray with foil. Place a wire rack on tray. Top with a 9cm x 20cm piece of baking paper. Place bread on a small plate. Drizzle with milk. Stand for 1 minute. Squeeze out excess milk.

Tear bread into small pieces. Add to onion mixture with mince, tomato and Worcestershire sauce, and parsley. Season with salt and pepper. Mix well. Shape mince mixture into a 9cm x 20cm log.

4 Place 1 sheet of pastry on a flat surface. Cut remaining pastry sheet in half. Place 1 pastry half on each side of pastry sheet, overlapping slightly to form a horizontal rectangle. Press lightly to secure. Leaving a 3cm border on all sides, spread ¾ of the

mushroom mixture over pastry. Place mince log on centre of mushroom mixture and spread with remaining mushroom mixture. Fold long sides of pastry over mince to cover. Fold in short sides to enclose, trimming any excess pastry. Reserve trimmings. Press seams of pastry to secure. Carefully turn over Wellington and place on prepared rack.

Brush with egg. Cut reserved pastry trimmings into leaves. Arrange on pastry. Brush with egg. Season with salt and pepper. 5 Bake for 1 hour 10 minutes or until pastry is golden and puffed. Stand for 10 minutes.

6 Meanwhile, place potato in a saucepan. Cover with water. Bring to the boil over high heat. Cook for 15 minutes or until tender. Drain. Return to pan over low heat. Toss for 1 minute or until excess liquid has evaporated. Remove from heat. Roughly mash with a potato masher. Add extra milk and butter. Mash until smooth. Season with salt and white pepper. Cover to keep warm. 7 Thickly slice Wellington and serve with mashed potato, vegetables and gravy.

NUTRITION: (per serve) 4059kJ; 42.8g fat; 21g sat fat; 49.2g protein; 88.7g carbs; 14g fibre; 163mg chol; 1371mg sodium. >

If you don't have enough pastry trimmings to decorate your Wellington, use an extra ½ sheet of pastry.

\$2.70
per serve

classic
makeover

6
per serve

Mince
Wellington

Eggplant pastitsio pie

Serves 6

Prep 30 minutes (plus 10 minutes standing) **Cook** 1 hour

300g wholegrain penne pasta

Olive oil cooking spray

3 eggplants, cut into 4mm-thick slices

1 tablespoon extra virgin olive oil

1 brown onion, finely chopped

500g pork mince

3 garlic cloves, crushed

1½ teaspoons dried oregano

½ teaspoon ground nutmeg

⅓ cup tomato paste

410g can rich and thick chopped tomatoes and paste

1 cup coarsely grated mozzarella

1 cup frozen peas

¼ cup finely grated parmesan

Finely chopped fresh flat-leaf parsley, to serve

1 Cook pasta in a large saucepan of boiling salted water, following packet directions. Drain.

2 Meanwhile, heat a greased chargrill pan over medium-high heat. Spray eggplant with oil. Cook, in batches, for 1 to 2 minutes each side or until lightly charred and tender. Transfer to a plate.

3 Heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Increase heat to high. Add mince. Cook, breaking up with a wooden spoon, for 3 minutes or until browned. Add garlic, oregano and nutmeg. Cook, stirring, for 1 minute or until fragrant. Add tomato paste and tomatoes. Season with salt and pepper. Stir to combine. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until thickened. Add pasta, mozzarella and peas. Stir to combine.

4 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm round springform pan.

Line base and side of pan with ¾ of the eggplant, overlapping slices and extending 4cm over edge. Spoon filling into pan. Press down with the back of a spoon to compact. Top with remaining eggplant, slightly overlapping. Fold over sides of eggplant to enclose filling.

5 Bake for 30 minutes or until heated through. Stand in pan for 10 minutes. Remove sides of pan. Sprinkle with parmesan and parsley. Serve.

NUTRITION: (per serve) 1947kJ; 16.2g fat; 6g sat fat; 32.3 protein; 39.1g carbs; 16.5g fibre; 52mg chol; 450mg sodium.

Add an extra \$1 ... to buy you a side salad. Toss mixed lettuce leaves with Greek salad dressing, to cut through the richness of the pie.



\$3.34
per serve



high fibre **lower sodium**
Eggplant pastitsio pie



\$3.99
per serve

Asian

Vegetables

per serve

low saturated fat

Green curry chicken
patties with Thai
noodle salad

Green curry chicken patties with Thai noodle salad

Serves 4

Prep 30 minutes **Cook** 20 minutes

400g chicken mince

2 tablespoons Thai green curry paste

1 green onion, finely chopped

2 tablespoons finely chopped
fresh coriander

¼ cup peanut oil

200g pad Thai rice noodles

1½ tablespoons rice wine vinegar

1 tablespoon fish sauce

1 tablespoon caster sugar

1 long red chilli, finely chopped

1 garlic clove, crushed

125g cherry tomatoes, halved

1 carrot, peeled into ribbons

½ red onion, halved, thinly sliced

1 cup fresh mint leaves, torn

1 cup fresh coriander leaves,

plus extra to serve

1 Combine mince, curry paste, green onion and finely chopped coriander in a large bowl. Using wet hands, shape heaped tablespoons of mixture into patties. Place on a baking tray lined with baking paper.

2 Heat 1 tablespoon oil in a large non-stick frying pan over medium heat. Add ½ the patties. Cook for 5 minutes each side or until golden and cooked through. Transfer

to a plate. Cover to keep warm.

Repeat with 1 tablespoon oil and remaining patties.

3 Meanwhile, cook noodles following packet directions. Drain. Refresh under cold water. Drain.

4 Combine vinegar, fish sauce, sugar, chilli, garlic and remaining oil in a jug. Stir until sugar is dissolved. Place noodles, patties, tomato, carrot, red onion, mint and coriander leaves in a bowl. Toss gently to combine. Drizzle with dressing. Serve sprinkled with extra coriander.

NUTRITION: (per serve) 2138kJ; 22g fat; 5.7g sat fat; 25g protein; 51.5g carbs; 5g fibre; 56mg chol; 1254mg sodium. >

Lebanese rice

Serves 4

Prep 15 minutes

(plus 5 minutes standing)

Cook 30 minutes

1½ tablespoons extra virgin
olive oil

2 brown onions, thinly sliced

400g lamb mince

1¼ cups basmati rice

1 teaspoon ground cinnamon

½ teaspoon ground allspice

400g can chickpeas, drained, rinsed

Seeds from 1 pomegranate (see box)

¼ cup flaked almonds, toasted

⅓ cup torn fresh mint leaves

1 Heat oil in a large saucepan with lid over medium-high heat. Add onion. Cook, stirring, for 10 minutes or until golden and caramelised. Transfer ½ the onion to a small bowl. Cover to keep warm.

2 Add mince to pan. Cook, breaking up with a wooden spoon, for 3 minutes or until browned. Reduce heat to medium. Add rice and spices. Stir until rice is well coated. Add chickpeas and 1¼ cups cold water. Season with salt and pepper. Stir to combine. Bring to the boil over high heat. Cover. Reduce heat to medium. Cook for 15 minutes or until liquid is absorbed. Remove from heat. Stand, covered, for 5 minutes.

3 Fluff rice with a fork to separate grains. Spoon onto a serving plate. Top with pomegranate seeds, almonds, mint and reserved caramelised onion. Serve.

NUTRITION: (per serve) 2426kJ; 18.7g fat; 4.1g sat fat; 31.1g protein; 69.3g carbs; 5.7g fibre; 60mg chol; 280mg sodium.

ideas ingredient

To remove pomegranate seeds, cut the fruit in half and tap the skin side of each half with the back of a spoon to release the seeds. Make sure you do it over a bowl to catch the seeds.

heart friendly
Lebanese rice

\$3.50
per serve

one
pan

gluten
free



\$2.25
per serve

classic
makeover

peas



lower sodium
Shepherd's pie
'muffins'

Shepherd's pie 'muffins'

Makes 4

Prep 20 minutes (plus cooling and 10 minutes standing)

Cook 45 minutes

2 teaspoons extra virgin olive oil

1 brown onion, finely chopped

1 carrot, finely chopped

2 garlic cloves, crushed

2 teaspoons finely chopped fresh thyme leaves

500g sebago potatoes, peeled, roughly chopped

50g butter

1/3 cup milk

1 slice white bread

400g lamb mince

2 tablespoons tomato paste

2 teaspoons Worcestershire sauce

Chopped fresh flat-leaf parsley leaves and salad leaves, to serve

1 Heat oil in a large frying pan over medium heat. Add onion, carrot, garlic and thyme. Cook, stirring, for 5 minutes or until softened. Set aside to cool completely.

2 Meanwhile, place potatoes in a saucepan. Cover with cold water. Season with salt. Bring to the boil. Boil, covered, for 20 minutes or until tender. Drain. Return to pan. Cook over low heat for 1 minute to evaporate any liquid. Remove from heat. Add 30g butter and 1/2 the milk. Using a potato masher, mash until smooth.

3 Meanwhile, place bread on a small plate. Drizzle with remaining milk. Stand for 1 minute. Squeeze out excess milk. Tear into small pieces. Place bread, mince, tomato paste, Worcestershire sauce and cooled onion mixture in a large bowl. Season with salt and pepper. Mix to combine.

4 Preheat oven to 180°C/160°C fan-forced. Line base and sides of 4 holes of a 3/4-cup-

capacity Texas muffin pan, crossways, with two 4cm x 22cm strips of baking paper. Divide lamb mixture among prepared holes. Press down with the back of a spoon to compact. Place pan on a baking tray lined with foil. Bake for 20 minutes. Remove from oven. Top with mashed potato. Dot with remaining butter. Increase oven to 200°C/180°C fan-forced. Bake for 20 minutes or until cooked through and mashed potato is golden. Stand in pan for 10 minutes before transferring to serving plates. Sprinkle with parsley and serve with salad leaves.

NUTRITION: (per serve) 1642kJ; 20.4g fat; 10.2g sat fat; 25.8g protein; 23.8g carbs; 5g fibre; 80mg chol; 390mg sodium. ■

Add an extra \$1 ... to buy mushy peas!
Process cooked frozen peas with a dash of cream, and salt and pepper until almost smooth.

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custard tart, p91

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weekdays

Budget-friendly meals, cauliflower sides and tortilla-tastic recipes

15-minute honey-soy meatball stir-fry

Serves 4

Prep 3 minutes Cook 12 minutes

2 teaspoons peanut oil

20 (400g) mini beef meatballs (see note)

1/3 cup Lee Kum Kee Stir-Fry Essentials

Oriental Honey & Soy sauce

440g packet shelf-fresh hokkien noodles

500g packet Shanghai frozen

stir-fry vegetables

425g can baby corn spears, drained

Thinly sliced green onion, to serve

1 Heat 1/2 the oil in a large frying pan over medium heat. Cook meatballs, turning, for 8 minutes or until golden and cooked through. Transfer to a bowl.

Drizzle with 1/2 the sauce. Toss to coat.

Cover loosely with foil to keep warm.

2 Cook noodles following packet directions. Heat a wok over medium-high heat. Add remaining oil. Swirl to coat. Add vegetables. Stir-fry for 2 minutes.

3 Add corn, meatballs, remaining sauce and noodles. Stir-fry for 2 minutes or until heated through. Serve with green onion.

NUTRITION: (per serve) 2421kJ; 21.8g fat; 9.5g sat fat; 29.5g protein; 63.6g carbs; 4.9g fibre; 56mg chol; 1406mg sodium. ■

Cook's note Find ready-prepared meatballs in the meat section of the supermarket.

Add an extra \$1 ... for a nutty crunch! Sprinkle the stir-fry with roasted cashews and sesame seeds just before serving.

Cheat it! We've created maximum flavour in minimum time by using pre-made meatballs and a delicious stir-fry sauce.

\$3.70
per serve

Takes
15 mins

15-minute
honey-soy
meatball
stir-fry

5
vegies
per serve



ideas Sunday prep

- 1** Make step 3 of the **Grilled sweet and sour chicken**, p46. Place sweet and sour sauce in a small airtight container or glass jar. Refrigerate for up to 2 days.
- 2** Make steps 2, 3 and 4 of the **Ratatouille and bacon pasta**, p47. Allow to cool. Transfer to an airtight container. Refrigerate for up to 2 days.
- 3** Make step 1 of the **Eggplant parmigiana burgers**, p52. Place coated eggplant between sheets of baking paper in an airtight container. Refrigerate for up to 1 day.

10 midweek meals

Delicious, filling dinners needn't cost you a small fortune. These meals are all \$4 or less per serve!

Recipes Cathie Lonnie **Photography** Andrew Young **Styling** Trish Heagerty & Fiona Sinclair **Food preparation** Claire Brookman & Lucy Nunes

Vietnamese lemongrass beef and noodle salad

Serves 4

Prep 20 minutes Cook 10 minutes

150g dried vermicelli noodles

1 tablespoon vegetable oil

1 stalk lemongrass (white part only), finely chopped

2 garlic cloves, crushed

1 small red chilli, finely chopped

600g lean beef mince

2 tablespoons soy sauce

1 tablespoon Squid fish sauce

1 tablespoon lime juice

2 teaspoons caster sugar

3 cups thickly shredded iceberg lettuce

1 carrot, cut into matchsticks (see box)

½ cup fresh mint leaves, torn

⅓ cup fresh Thai basil leaves

⅓ cup salted roasted peanuts

2 tablespoons fried shallots (optional, see note)

- 1 Place noodles in a large heatproof bowl. Cover with boiling water. Set aside for 5 minutes or until soft. Drain. Roughly chop.
- 2 Heat a wok over high heat. Add oil. Swirl to coat. Add lemongrass, garlic and chilli. Stir-fry for 1 minute or until fragrant. Add mince. Stir-fry, breaking up mince, for 5 minutes or until browned. Combine soy, fish sauce, lime juice and sugar in a small jug. Add to wok. Stir-fry for 2 minutes or until heated through.
- 3 Place lettuce in a large shallow serving bowl. Top with noodles, mince mixture, carrot, mint, basil, peanuts and shallots, if using. Serve.

NUTRITION: (per serve) 2274kJ; 23.6g fat; 6.7g sat fat; 39.6g protein; 41.4g carbs; 4.5g fibre; 76mg chol; 1305mg sodium. >

Cook's note Find fried shallots in the Asian food aisle of major supermarkets.

ideas get more

For an authentic taste, pickle the carrot. Combine ½ cup rice wine vinegar and ¼ cup caster sugar in a small saucepan over medium heat. Cook, stirring, for 2 minutes or until sugar has dissolved. Cool for 5 minutes. Place carrot in a glass bowl. Add vinegar mixture. Cover and refrigerate for 2 hours or overnight. Drain before using.

high in iron

Vietnamese lemongrass beef and noodle salad



\$3.76
per serve

Takes
30 mins

Asian

Tuna and vegie fritters

Serves 4

Prep 10 minutes **Cook** 15 minutes

2 large coliban potatoes, peeled, grated

1 large zucchini, grated

1 large carrot, grated

185g can tuna in springwater, drained, flaked

¼ cup plain flour

⅓ cup grated parmesan

5 eggs

Vegetable oil, for shallow-frying

2 teaspoons extra virgin olive oil

100g baby spinach

Lemon wedges, to serve

1 Place potato, zucchini, carrot, tuna, flour and ¼ cup parmesan in a large bowl.

Lightly beat 1 egg. Add to mixture. Season with salt and pepper. Stir to combine.

2 Add enough vegetable oil to a large, deep non-stick frying pan to cover base. Heat over medium heat. Add ¼ cup mixture to pan. Flatten with a spatula. Repeat to make 3 more fritters. Cook for 2 minutes each side or until golden and cooked through.

Transfer to a plate lined with paper towel. Cover to keep warm. Repeat with remaining mixture to make 8 fritters in total.

3 Carefully wipe pan clean. Heat olive oil in pan. Crack remaining eggs into the pan. Cook for 3 minutes for sunny-side up or until cooked to your liking. Place fritters on serving plates. Top with fried eggs and sprinkle with remaining parmesan. Serve with spinach and lemon wedges.

NUTRITION: (per serve) 1511kJ; 19.5g fat; 4.9g sat fat; 22.9g protein; 20.9g carbs; 5.1g fibre; 241mg chol; 361mg sodium.

\$3.12
per serve

Takes
25 mins



high fibre **lower sodium**
low saturated fat

Tuna and vegie fritters

Add an extra \$1 ... for a serving of smoked salmon. Omit the tuna and serve the fritters with the egg and smoked salmon.

2 ideas variations

- Tuna can be replaced with 3 middle bacon rashers, trimmed, finely chopped and cooked until crisp.
- To make vegetarian fritters, omit tuna and add 1 x 130g can drained corn kernels.

Seared skirt steak with spiced lentils

Serves 4

Prep 15 minutes (plus 10 minutes resting)

Cook 25 minutes

1 cup dried French-style lentils, rinsed (see notes)

2 tablespoons extra virgin olive oil

1 brown onion, finely chopped

2 teaspoons ground cumin

1 long red chilli, thinly sliced

1 garlic clove, crushed

1 tablespoon tomato paste

1½ cups salt-reduced chicken stock

2 tablespoons lemon juice

250g cherry tomatoes, halved

600g piece beef skirt steak

1 teaspoon smoked paprika

½ bunch kale, roughly chopped

Crusty bread, to serve

1 Cook lentils in a medium saucepan of boiling water, following packet directions, until just tender. Drain well.

2 Heat ½ the oil in a large saucepan over medium-high heat. Add onion. Cook, stirring, for 3 to 4 minutes or until softened.

3 Add cumin, chilli and garlic. Cook, stirring, for 1 minute or until fragrant. Add tomato paste, stock, ½ the lemon juice and lentils. Cook, stirring occasionally, for 5 minutes or until mixture thickens. Stir in tomato. Cook for 2 minutes.

4 Meanwhile, trim excess fat from beef and discard. Using a meat mallet, pound beef to 5mm thick. Cut into 2 pieces. Rub with remaining oil. Sprinkle with paprika and remaining lemon juice. Season with salt and pepper.

5 Heat a large frying pan over high heat. Cook beef for 2 to 3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside for 10 minutes to rest. Thinly slice beef (see notes). Add kale to lentil mixture. Stir until just wilted. Top spiced lentils with beef and serve with crusty bread.

NUTRITION: (per serve) 1437kJ; 11.5g fat; 3.1g sat fat; 26g protein; 23.4g carbs; 11.3g fibre; 41mg chol; 355mg sodium. >

Cook's notes

- French-style (Puy) lentils have a nutty flavour and hold their shape. Find them in the soup aisle at the supermarket.
- Slice beef against the grain, on a slight angle, to ensure it's tender.



\$3.92
per serve

**low fat
heart friendly**
Seared skirt steak
with spiced lentils





Love sweet and sour chicken? We've given it a healthy, modern makeover!

Asian **\$3.67**
per serve

barbecue
vegie
per serve

Takes
30 mins

low fat
low saturated fat
Grilled sweet
and sour chicken

Grilled sweet and sour chicken

Serves 4

Prep 15 minutes **Cook** 15 minutes

4 x 200g chicken breast fillets
1 tablespoon extra virgin olive oil
1 red capsicum, roughly chopped
1 red onion, halved, cut into thin wedges
225g can pineapple slices in juice
2 tablespoons white vinegar
2 tablespoons tomato sauce
1 tablespoon soy sauce
1 tablespoon caster sugar
2 teaspoons cornflour
4 cups steamed jasmine rice

½ cup fresh coriander leaves
2 baby bok choy, halved, steamed

1 Cut each chicken breast in half lengthways. Rub chicken with ½ the oil. Season with salt and pepper. Place capsicum and onion in a bowl. Add remaining oil. Toss to coat.
2 Drain pineapple, reserving ⅓ cup juice.
3 Combine reserved juice in a small saucepan with vinegar, sauces and sugar. Bring to the boil over medium-high heat. Blend cornflour with 1 tablespoon water in a small jug. Add to sauce mixture. Cook, stirring, for 2 minutes or until sauce boils and thickens. Cover to keep warm.

4 Preheat a barbecue chargrill or chargrill pan over medium-high heat. Cook chicken for 2 to 3 minutes each side or until cooked through. Transfer to a plate. Cover to keep warm. Add capsicum, onion and pineapple to chargrill. Cook for 2 to 3 minutes each side or until vegetables are tender and pineapple is charred.
5 Divide rice among serving plates. Top with chicken, vegetables and pineapple. Drizzle with sauce. Sprinkle with coriander. Serve with bok choy.
NUTRITION: (per serve) 2452kJ; 8g fat; 2g sat fat; 51.5g protein; 72.5g carbs; 3.1g fibre; 130mg chol; 607mg sodium.

Ratatouille and bacon pasta

Serves 4

Prep 15 minutes **Cook** 20 minutes

375g dried rigatoni pasta

4 middle bacon rashers, trimmed

2 tablespoons Cobram Estate Classic

Flavour extra virgin olive oil

1 large zucchini, thickly sliced

1 small eggplant, chopped

1 red capsicum, chopped

1 red onion, halved, cut into thin wedges

2 garlic cloves, crushed

1½ cups tomato passata

⅔ cup pitted kalamata olives

¼ cup salt-reduced chicken stock

100g fresh ricotta cheese, crumbled

⅓ cup chopped fresh basil leaves

1 Cook pasta in a large saucepan of boiling salted water, following packet directions, until tender. Drain. Return pasta to pan.

2 Meanwhile, heat a large non-stick frying pan over high heat.

Cook bacon for 2 to 3 minutes each side or until crisp.

Transfer to a plate lined with paper towel.

3 Heat ½ the oil in pan over high heat. Add zucchini and eggplant. Cook, stirring, for 3 to 4 minutes or until just tender. Transfer to a bowl. Heat remaining oil in pan over high heat. Add capsicum, onion and garlic. Cook, stirring, for 3 to 4 minutes or until onion softens.

4 Roughly chop bacon. Add to pan with passata, olives, zucchini mixture and stock. Cook for 3 to 4 minutes or until sauce thickens. Season with salt and pepper.

5 Add vegetable and bacon mixture to pasta. Toss gently to combine. Sprinkle with ricotta and basil. Season with pepper. Serve.

NUTRITION: (per serve) 2560kJ; 20.1g fat; 5g sat fat; 24.6g protein; 78.6g carbs; 9.4g fibre; 25mg chol; 1017mg sodium. >



Takes
35 mins

high fibre

Ratatouille and
bacon pasta

\$3.90
per serve

Add an extra \$1 ... for a crisp side salad. Toss witlof and radicchio leaves with a white wine vinaigrette.

Balsamic-glazed chicken and grape salad

Serves 4

Prep 10 minutes

(plus 20 minutes marinating)

Cook 15 minutes

1 tablespoon brown sugar

1 garlic clove, crushed

¼ cup balsamic vinegar

4 x 150g chicken thigh fillets

3 small par-bake bread rolls,
cut into 1cm-thick slices

Olive oil cooking spray

120g baby spinach

1 Lebanese cucumber,
peeled into ribbons

200g red seedless grapes

½ cup pecans, toasted, chopped

2 tablespoons extra virgin
olive oil

1 Combine sugar, garlic and 2 tablespoons vinegar in a shallow glass or ceramic bowl. Add chicken. Turn to coat. Refrigerate for 20 minutes to marinate.

2 Preheat a barbecue chargrill or chargrill pan over medium-high heat. Lightly spray each side of bread slices with oil. Cook bread for 2 minutes each side or until lightly charred. Transfer to a plate. Cover loosely with foil to keep warm.

3 Drain chicken, reserving marinade. Add chicken to chargrill. Cook, brushing occasionally with reserved marinade, for 3 to 4 minutes each side or until cooked through. Transfer to a plate.

4 Meanwhile, place spinach, cucumber, grapes, pecans, oil and remaining vinegar in a large bowl. Toss to combine. Thickly slice chicken. Add chicken and croutons to salad. Toss to combine. Serve.

NUTRITION: (per serve) 2307kJ; 31.6g fat; 5.5g sat fat; 33.6g protein; 31.1g carbs; 5g fibre; 130mg chol; 315mg sodium.

barbecue

\$3.95
per serve

Takes
45 mins

lower sodium

Balsamic-glazed
chicken and
grape salad

ideas budget

Purchase the baby spinach in the loose-leaf section, not pre-packaged, and save almost \$20 per kilogram. For this recipe you'll save \$2 in total.



gluten
free

\$2.19
per serve

vegetarian

Takes
40 mins



heart friendly

Roasted broccoli
salad with brown
rice and quinoa

Roasted broccoli salad with brown rice and quinoa

Serves 4

Prep 15 minutes

Cook 25 minutes

1 cup dried brown rice and quinoa
blend (see notes)

2 large zucchini, thickly sliced

3 garlic cloves, thinly sliced

2 tablespoons extra virgin olive oil

600g broccoli, cut into florets (see notes)

2 teaspoons finely grated lemon rind

2 tablespoons lemon juice

100g fetta, crumbled

2 tablespoons pine nuts,
toasted

1 Cook brown rice and quinoa blend in a large saucepan of boiling water, following packet directions, until tender. Drain.

2 Meanwhile, preheat oven to 220°C/ 200°C fan-forced. Line 2 large baking trays with baking paper.

3 Place zucchini, garlic and ½ the oil in a bowl. Season with salt and pepper. Toss to combine. Transfer to 1 prepared tray. Place broccoli on remaining prepared tray. Drizzle with remaining oil. Season with salt and pepper.

4 Bake vegetables, turning once, for 20 to 25 minutes or until tender.

5 Add lemon rind, lemon juice and fetta to rice mixture. Toss to combine. Transfer

to a serving bowl. Top with vegetables. Serve sprinkled with pine nuts.

NUTRITION: (per serve) 1899kJ; 22.3g fat; 5.4g sat fat; 18g protein; 38.9g carbs; 10.8g fibre; 16mg chol; 407mg sodium. ➤

Cook's notes

- Find rice and quinoa blend in the rice aisle of the supermarket.
- You'll need 2 heads of broccoli.

Add an extra \$1 ... for an omega-3 hit. Toss 150g fresh salmon, cooked and flaked, through the salad just before serving.



Fish finger and slaw burritos

Serves 4

Prep 10 minutes **Cook** 15 minutes

16 frozen fish fingers

Olive oil cooking spray

1½ tablespoons taco spice mix

1 corncob

½ mini red cabbage, finely shredded

2 medium carrots, grated

⅓ cup chopped fresh coriander leaves

¼ cup Kewpie Japanese-style mayonnaise

1 tablespoon lime juice

8 flour tortillas

1 Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper.

2 Place fish fingers on tray. Spray lightly with

oil. Sprinkle both sides of fish fingers with taco spice mix. Bake, turning once, for 15 minutes or until cooked through.

3 Meanwhile, bring a large saucepan of water to the boil over high heat. Add corn. Cook for 3 to 4 minutes or until tender. Drain well. Rinse under cold water. Using a large knife, cut kernels from cob. Combine corn, cabbage, carrot and coriander in a bowl.

4 Combine mayonnaise, lime juice and 1 tablespoon cold water in a small jug. Season with salt and pepper. Add dressing to coleslaw. Toss to combine.

5 Heat tortillas following packet directions. Place tortillas on a flat surface. Spoon coleslaw along centre of each tortilla. Top each with 2 fish fingers. Roll up

tightly to enclose filling. Serve.

NUTRITION: (per serve) 2810kJ; 29.5g fat; 7.2g sat fat; 20.1g protein; 74g carbs; 9.5g fibre; 46mg chol; 1782mg sodium.

\$2.76
per serve

high fibre

Fish finger and
slaw burritos

Takes
25 mins

Add an extra \$1 ... to buy you a creamy avocado smash. Dollop onto the fish fingers before rolling the burritos.

sfi ideas recommends

Slightly sweeter than regular mayo, Kewpie mayonnaise is great mixed with lemon or lime juice for a tangy accompaniment to fish.



Italian bangers and mash

Serves 4

Prep 20 minutes **Cook** 30 minutes

800g cream delight potatoes,

peeled, chopped

½ cup milk, warmed

1 tablespoon margarine spread

1 tablespoon extra virgin olive oil

6 thick Italian pork sausages

1 small brown onion, thinly sliced

1 red capsicum, chopped

1 large zucchini, chopped

1 garlic clove, crushed

1 tablespoon tomato paste

400g can diced tomatoes

2 tablespoons chopped fresh
rosemary leaves

½ teaspoon smoked paprika

Steamed green beans, to serve (optional)

1 Place potato in a large saucepan. Cover with water. Bring to the boil over high heat. Cook for 15 minutes or until tender. Drain. Return to pan over low heat. Toss for 1 minute or until excess liquid has evaporated. Remove from heat. Using a potato masher, roughly mash. Add milk and margarine spread. Mash until smooth. Season with salt and white pepper. Cover to keep warm.

2 Meanwhile, heat ½ the oil in a large heavy-based saucepan over medium-high heat. Cook sausages, turning, for 5 minutes or until browned. Transfer to a plate.

3 Heat remaining oil in pan. Add onion. Cook, stirring, for 5 minutes or until softened. Add capsicum, zucchini and garlic. Cook, stirring, for 3 to 4 minutes or until vegetables are lightly browned. Add tomato paste, tomatoes, rosemary, paprika

and ½ cup water. Bring to the boil. Reduce heat to low.

4 Cut sausages diagonally into thirds. Return to pan. Simmer, uncovered, for 5 to 7 minutes or until sausages are cooked through. Serve with mashed potato and beans, if you like.

NUTRITION: (per serve) 2071kJ; 27.5g fat; 8.8g sat fat; 23.9g protein; 35.4g carbs; 6.2g fibre; 57mg chol; 845mg sodium. ➤

Add an extra \$1 ... for a flavour hit. Add ½ cup semi-dried tomatoes and ¼ cup chopped kalamata olives with the sausages in step 4.



\$4.00
per serve

vegie
per serve

Italian bangers
and mash

Eggplant parmigiana burgers

Serves 4

Prep 20 minutes

Cook 15 minutes

½ cup plain flour

1 egg

½ cup milk

1 cup polenta

1 large eggplant, cut into 8 slices

2 tablespoons extra virgin olive oil

1 cup tomato passata

2 tablespoons shredded fresh basil

1 garlic clove, crushed

½ cup grated mozzarella

4 x 2cm-thick slices ciabatta, toasted

40g baby rocket

1 tablespoon balsamic vinegar

1 Place flour on a large plate. Whisk egg and milk in a shallow bowl. Place polenta in a bowl. Toss eggplant in flour to coat, shaking off excess. Dip in egg mixture, then toss in polenta to coat. Transfer to a plate.

2 Heat oil in a large non-stick frying pan over medium-high heat. Cook eggplant, in 2 batches, for 2 to 3 minutes each side or until golden and crisp. Transfer to a plate lined with paper towel to drain.

3 Preheat grill on high. Combine passata, basil and garlic in a small bowl. Season with salt and pepper. Place eggplant on a baking tray. Top with passata mixture. Sprinkle with mozzarella. Grill for 2 to 3 minutes or until passata mixture is heated and mozzarella is golden and bubbling.

4 Top toasted ciabatta with rocket. Drizzle with vinegar. Top each with 2 eggplant parmigianas. Serve.

NUTRITION: (per serve) 2043kJ; 15.3g fat; 4.6g sat fat; 16.8g protein; 68g carbs; 7.7g fibre; 58mg chol; 365mg sodium. ■

Add an extra \$1 ... to buy you a steak sandwich! Barbecue small minute steaks. Place on ciabatta. Top with remaining ingredients.



vegetarian

\$2.90
per serve

Takes
35 mins



high fibre **lower sodium**
low saturated fat

Eggplant parmigiana burgers

roll reversal

We get lots of requests for gluten-free food – here's our take on sausage rolls

Recipes Amira Georgy **Photography** Andrew Young **Styling** Fiona Sinclair **Food preparation** Lucy Nunes

Gluten-free pork, chilli and tarragon sausage rolls

Makes 12

Prep 20 minutes **Cook** 15 minutes

500g pork mince

¼ cup packaged gluten-free breadcrumbs

1 long red chilli, finely chopped

¼ cup fresh tarragon leaves, chopped

½ teaspoon ground allspice

½ teaspoon ground cardamom

Rice flour, for dusting

1 egg, lightly beaten

½ teaspoon cumin seeds

Gluten-free tomato sauce, to serve

Gluten-free pastry

1 cup rice flour

⅓ cup buckwheat flour

⅓ cup tapioca starch

½ teaspoon xanthan gum

125g chilled butter, chopped

1 egg

1½ tablespoons iced water

1 Preheat oven to 220°C/200°C fan-forced.

Line a large baking tray with baking paper.

2 Using your hands, combine mince, breadcrumbs, chilli, tarragon, allspice and cardamom in a medium bowl. Season with salt and pepper. Cover. Refrigerate until required.

3 **Make Gluten-free pastry** Place flours, starch, xanthan gum and butter in a food processor. Process until mixture resembles breadcrumbs. With motor running, add egg and enough iced water so mixture just comes together.

4 Turn out pastry onto a lightly floured surface. Knead into a ball. Divide pastry

into 3 equal pieces. Wrap 2 pieces in plastic wrap. Refrigerate until required. Roll remaining pastry between 2 sheets of baking paper to form a 15cm x 23cm rectangle. Shape ⅓ of the filling into a 23cm-long log. Place along centre of pastry. Gently roll up pastry from 1 long side to enclose filling. Cut into 4 pieces. Place sausage rolls, seam-side down, on prepared tray. Repeat with remaining pastry and filling. Brush tops of pastry with egg. Sprinkle with cumin seeds.

5 Bake for 15 minutes or until pastry is golden and filling is cooked through. Serve with tomato sauce.

NUTRITION: (each) 1124kJ; 13.7g fat; 7.5g sat fat; 11.5g protein; 24.2g carbs; 1.2g fibre; 69mg chol; 323mg sodium. ■

Gluten-free pork, chilli and tarragon sausage rolls

\$0.94 each

Takes 35 mins

gluten free

cauliflower power

Good for you, versatile and super delicious, cauliflower is having a revival. Try our impressive whole cauliflower gratin or roast it for a salad or crumble

Recipes Amal Webster **Photography** Andrew Young **Styling** Fiona Sinclair **Food preparation** Lucy Nunes

Whole cauliflower gratin

Serves 6

Prep 5 minutes

Cook 35 minutes

1.2kg whole cauliflower, trimmed

50g butter

⅓ cup plain flour

2 cups milk

¾ cup grated tasty cheese

⅓ cup finely grated parmesan

1 teaspoon fresh lemon thyme leaves

1 Preheat oven to 200°C/180°C fan-forced.

2 Place cauliflower on a microwave-safe

plate. Microwave on HIGH (100%) for 8 to 10 minutes or until just tender.

3 Meanwhile, melt butter in a small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually add milk, stirring until smooth. Bring to the boil. Reduce heat to low. Simmer, stirring constantly, for 3 minutes or until sauce has thickened. Remove from heat. Stir in ½ cup tasty cheese and 2 tablespoons parmesan. Season with salt and pepper.

4 Pour ⅓ of the sauce over the base of a 5cm-deep, 22cm round

ovenproof dish. Place cauliflower in centre of dish. Top with remaining sauce and sprinkle with remaining tasty and parmesan cheese.

5 Bake for 20 minutes or until cheese is golden. Sprinkle with thyme. Serve.

NUTRITION: (per serve) 1129kJ; 16.6g fat; 10.8g sat fat; 13.5g protein; 14.8g carbs; 3.6g fibre; 40mg chol; 326mg sodium.

Add an extra \$1 ... and make this extra cheesy! Replace the tasty with a mix of vintage cheddar, blue and parmesan cheese.



\$1.60
per serve

Takes
40 mins



high fibre

lower sodium

Whole cauliflower gratin

Takes
20 mins\$1.95
per serve

Asian

low fat
heart friendlyCauliflower, broccolini
and almond salad

Cauliflower, broccolini and almond salad

Serves 6

Prep 15 minutes

Cook 5 minutes

600g cauliflower, cut into florets

2 bunches broccolini, trimmed, halved

1 medium carrot, cut into
long matchsticks

1 long red chilli, seeded, thinly sliced

2 teaspoons sesame seeds, toasted

¼ cup natural sliced almonds, toasted

1½ tablespoons kecap manis

1½ tablespoons sushi seasoning (see note)

1 Cook cauliflower in a large saucepan of boiling water for 3 minutes or until just tender. Using a slotted spoon, transfer cauliflower to a colander. Refresh under cold water. Drain well. Add broccolini to boiling water. Cook for 2 minutes or until bright green and just tender. Drain. Refresh under cold water. Drain well.

2 Place cauliflower, broccolini, carrot, chilli, sesame seeds and sliced almonds in a large bowl.

3 Combine kecap manis and sushi seasoning in a jug. Drizzle over salad. Toss to combine. Season with pepper. Serve.

NUTRITION: (per serve) 450kJ; 2.9g fat; 0.2g sat fat; 5.9g protein; 13.2g carbs; 4g fibre; 0mg chol; 315mg sodium. >

Cook's note Sushi seasoning is made up of a blend of rice vinegar, sugar and salt, and can be found in the Asian aisle of the supermarket.

Add an extra \$1 ... and turn this into a meal. Toss through ½ x 270g packet cooked soba noodles, and double the dressing.



For a delicious smoky flavour, try cooking the cauliflower on the barbecue.

Cauliflower salad with tahini yoghurt dressing

Serves 6

Prep 15 minutes

Cook 30 minutes

1kg cauliflower, trimmed, cut into 4cm florets

2 tablespoons Cobram Estate Classic Flavour extra virgin olive oil

1 small red onion, halved, thinly sliced

2 small tomatoes, quartered, seeded, thinly sliced

50g baby rocket

Tahini yoghurt dressing

1 garlic clove, crushed

3 teaspoons tahini

1½ tablespoons lemon juice

½ cup plain Greek-style yoghurt

1 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper.

2 Combine cauliflower florets and oil in a large bowl. Toss to coat. Season with salt and pepper. Arrange cauliflower in a single layer on prepared tray. Roast for 30 minutes or until cauliflower is browned and tender. Set aside for 5 minutes to cool slightly.

\$1.75
per serve



Takes
45 mins

high fibre

lower sodium

Cauliflower salad with tahini yoghurt dressing

3 Meanwhile, make Tahini yoghurt dressing

Combine all ingredients with 1½ tablespoons cold water in a bowl. Season with salt.

4 Combine roasted cauliflower, red onion, tomato and rocket in a large bowl. Drizzle with tahini dressing. Season with salt and pepper. Serve immediately.

NUTRITION: (per serve) 570kJ; 9.3g fat; 1.9g sat fat; 5.4g protein; 5.7g carbs; 3.8g fibre; 3mg chol; 115mg sodium.

Add an extra \$1 ... and make a vegie-packed dinner. Toss sliced smoked or poached chicken through the salad just before serving.

Roasted cauliflower with sourdough and bacon crumble

Serves 4

Prep 15 minutes

Cook 35 minutes

1kg cauliflower, trimmed, halved, cut into florets

2 tablespoons extra virgin olive oil

2 middle bacon rashers, trimmed, chopped

30g butter

1 teaspoon finely grated lemon rind

2 garlic cloves, crushed

$\frac{2}{3}$ cup coarse sourdough breadcrumbs

$\frac{1}{3}$ cup fresh flat-leaf parsley leaves

1 Preheat oven to 220°C/200°C fan-forced.

Line a large baking tray with baking paper.

2 Combine cauliflower and oil in a large bowl. Toss to coat. Season with salt and pepper. Arrange cauliflower in a single layer on prepared tray. Roast for 30 minutes or until browned and tender.

3 Meanwhile, cook bacon in a large frying pan over medium heat until golden. Add butter, lemon rind, garlic and breadcrumbs. Cook, stirring, for 3 minutes or until breadcrumbs are toasted. Add cauliflower and parsley. Toss to combine. Serve.

NUTRITION: (per serve) 1066kJ; 17.8g fat; 6.1g sat fat; 10.8g protein; 10.6g carbs; 4.9g fibre; 23mg chol; 544mg sodium. ■

Add an extra \$1 ... to buy you an olive twist! Add pitted and squashed green Sicilian olives to the frying pan with the parsley.



high fibre
Roasted cauliflower with sourdough and bacon crumble

super
fast

\$4.33
per serve

Takes
20 mins

super
easy

Cheesy chicken and
lime quesadillas

all-round winner

We take the lead from Mexican cuisine and have created these bueno recipes using tortillas that really stack up!

Recipes Heidi Flett **Photography** Andrew Young **Styling** Sarah O'Brien **Food preparation** Claire Brookman

Cheesy chicken and lime quesadillas

Serves 4

Prep 10 minutes **Cook** 10 minutes

2 cups shredded cooked chicken

2 tomatoes, diced

2 green onions, thinly sliced

¼ cup fresh coriander leaves, chopped

1 teaspoon ground cumin

2 tablespoons lime juice

2 cups grated pizza cheese

8 flour tortillas

Lime halves and fresh coriander sprigs,
to serve

1 Preheat oven 200°C/180°C fan-forced. Line 2 baking trays with baking paper.

2 Combine chicken, tomato, onion, coriander, cumin, lime juice and pizza cheese in a bowl.

3 Heat a chargrill pan over medium heat. Grill each tortilla on 1 side for 1 minute or until golden and lightly charred. Place 1 tortilla on 1 prepared tray. Top with ¼ of the chicken mixture. Sandwich with 1 remaining tortilla. Repeat with remaining tortillas and chicken mixture, placing 2 quesadillas

on each prepared baking tray. Cover with foil.

4 Bake for 2 minutes. Uncover. Bake for a further 2 minutes or until golden and melted. Cut into wedges. Serve with lime halves and coriander sprigs.

NUTRITION: (per serve) 2734kJ; 32.8g fat; 17.8g sat fat; 43.2g protein; 44.5g carbs; 3.1g fibre; 108mg chol; 1026mg sodium.

Add an extra \$1 ... to buy a spicy sour cream dipping sauce. Combine sour cream, hot chilli sauce and finely chopped coriander.

Spicy pork flautas

Serves 4

Prep 20 minutes

Cook 30 minutes

1/3 cup vegetable oil

500g pork scotch fillet, thinly sliced

1 red onion, finely chopped

1 red capsicum, sliced

1 yellow capsicum, sliced

2 garlic cloves, crushed

1 teaspoon smoked paprika

1/2 teaspoon ground cumin

1/2 teaspoon dried oregano

400g can diced tomatoes

1 teaspoon Tabasco sauce

8 Old El Paso flour tortillas

2/3 cup grated cheddar

1 avocado

1 tablespoon lime juice

250g cherry tomatoes, quartered

2 tablespoons fresh coriander leaves

Extra 1/3 cup grated cheddar

1 Heat 1 tablespoon oil in a large frying pan over medium-high heat. Add pork. Cook, stirring, for 2 to 3 minutes or until browned. Transfer to a bowl. Cover to keep warm.

2 Add onion and capsicum to pan. Cook for 5 minutes or until softened. Add garlic, spices and oregano. Cook for 1 minute or until fragrant. Add tomatoes and Tabasco. Bring to the boil. Simmer for 5 minutes.

3 Return pork to pan. Reduce heat to low. Simmer for 5 minutes or until slightly thickened and pork is cooked through. Place 1/2 cup pork mixture along centre of each tortilla. Sprinkle with 1 tablespoon cheese. Roll up to enclose filling.

4 Wipe pan clean. Heat remaining oil in pan

over medium-high heat. Cook flautas, seam-side down, in batches, for 1 to 2 minutes each side or until golden and crisp.

5 Meanwhile, place avocado in a small bowl. Roughly mash. Stir in lime juice. Season with salt and pepper. Serve flautas with tomato, coriander, extra cheese and avocado mixture.

NUTRITION: (per serve) 3770kJ; 56.8g fat; 19g sat fat; 41.8g protein; 54.2g carbs; 6.8g fibre; 142mg chol; 944mg sodium. >

sfi ideas recommends

Old El Paso Tortillas are perfect for all your Mexican-inspired dishes, and with a new recipe, they're now even softer!



high fibre
Spicy pork flautas



\$4.87
per serve

Did you know flautas is Spanish for 'flutes'? They got their name because they resemble – yep, you guessed it – flutes!





\$3.70
per serve

Chicken, mushroom
and thyme enchiladas

Chicken, mushroom and thyme enchiladas

Serves 6

Prep 20 minutes

Cook 45 minutes

50g butter

2 leeks, trimmed, thinly sliced

2 garlic cloves, crushed

1 teaspoon chopped fresh thyme leaves

¼ cup plain flour

3 cups milk

1 tablespoon extra virgin olive oil

**800g chicken thigh fillets, trimmed,
cut into 2cm pieces**

200g cup mushrooms, sliced

8 flour tortillas

60g baby spinach

1¾ cups grated tasty cheese

**Fresh flat-leaf parsley leaves,
to serve**

1 Preheat oven 200°C/180°C fan-forced. Grease a 5cm-deep, 20cm x 30cm ovenproof dish.

2 Melt butter in a saucepan over medium heat. Add leek, garlic and thyme. Cook, stirring, for 8 to 10 minutes or until leek has softened. Add flour. Cook, stirring, for 1 minute or until combined. Gradually add milk, stirring constantly, until combined. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until mixture has thickened slightly. Season with salt and pepper.

3 Meanwhile, heat oil in a large frying pan over medium-high heat. Add chicken. Cook, stirring occasionally, for 5 minutes or until just cooked through. Add mushroom. Cook for 5 minutes or until mushroom has softened. Add 1 cup leek mixture. Cook, stirring, for 2 minutes or until well combined.

4 Place 1 tortilla on a flat surface. Top with ½ cup chicken mixture. Roll up to enclose filling. Place, seam-side down, in prepared dish. Repeat with remaining tortillas and chicken mixture.

5 Add spinach and 1 cup cheese to the remaining leek mixture. Stir to combine. Spoon over tortillas in dish, spreading to cover evenly. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until cheese is melted and golden. Serve sprinkled with parsley.

NUTRITION: (per serve) 2949kJ; 38g fat; 20g sat fat; 45.2g protein; 43.6g carbs; 4.7g fibre; 165mg chol; 826mg sodium.

Add an extra \$1 ... to buy a simple green salad. Toss roughly chopped iceberg or torn cos with lemon juice, olive oil and dill sprigs.

Barbecued prawn and corn tortilla cups

Makes 8

Prep 10 minutes Cook 20 minutes

8 flour tortillas

Olive oil cooking spray

4 corncobs, husks and silks removed

1/3 cup lime juice

2 tablespoons fresh coriander leaves, chopped

2 garlic cloves, crushed

2 teaspoons smoked paprika

800g green king prawns, peeled, deveined (tails intact)

4 cups finely shredded iceberg lettuce

2 small avocados, cut into 2cm cubes

2 medium tomatoes, finely diced

1/3 cup whole-egg mayonnaise

1 tablespoon tomato sauce

2 teaspoons chilli sauce

1 Preheat oven 180°C/160°C fan-forced.

Lightly grease 8 holes of 2 x 6-hole (3/4-cup-capacity) Texas muffin pans.

2 Carefully push 1 tortilla into each prepared pan hole to line base and sides. Spray with oil. Bake for 8 to 10 minutes until light golden and crisp. Stand in pan for 5 minutes. Transfer to a wire rack.

3 Preheat a greased barbecue hotplate or chargrill on medium heat. Cook corn, turning occasionally, for 10 minutes or until charred and tender.

4 Meanwhile, combine lime juice, coriander, garlic and paprika in a glass or ceramic baking dish. Add prawns. Toss to coat.

Cook prawns on barbecue for 2 minutes each side or until cooked through.

5 Carefully cut kernels from corncobs, keeping kernels in large pieces. Combine corn, lettuce, avocado and tomato in a bowl. Spoon lettuce mixture into tortilla cups. Top with prawns. Place mayonnaise, tomato sauce and chilli sauce in a small bowl. Stir until smooth and combined. Spoon over prawns. Serve.

NUTRITION: (each) 3208kJ; 40.4g fat; 8.7g sat fat; 33.8g protein; 61g carbs; 11.5g fibre; 165mg chol; 1035mg sodium. >

Add an extra \$1 ... to buy some smoky sausage! Barbecue sliced chorizo with the prawns until charred and heated through.



Spiced beef and pumpkin tortilla bake

Serves 6

Prep 15 minutes Cook 1 hour

2 tablespoons extra virgin olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

2cm piece fresh ginger, peeled, finely grated

500g beef mince

2 teaspoons ground cumin

2 teaspoons ground cinnamon

1 tablespoon honey

400g can chopped tomatoes

500g butternut pumpkin, peeled,
cut into 2cm pieces

1 cup plain Greek-style yoghurt

200g fetta, crumbled

1 egg, lightly beaten

6 flour tortillas, halved

½ cup flaked almonds

Fresh coriander sprigs, to serve

1 Preheat oven to 200°C/180°C fan-forced. Grease a 5cm-deep, 20cm square ovenproof dish.

2 Heat oil in a large frying pan over medium heat. Add onion, garlic and ginger. Cook, stirring, for 5 minutes or until onion has softened. Add mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned. Add cumin, cinnamon and honey. Cook, stirring, for 1 minute.

3 Add tomatoes and pumpkin. Season with salt and pepper. Stir to combine. Cover. Simmer for 10 minutes or until pumpkin is almost tender.

4 Meanwhile, combine yoghurt, fetta and egg in a bowl.

5 Place 3 tortillas halves over the base of prepared dish. Spread with ⅓ mince mixture. Top with 3 more tortilla halves. Spread with ½ the remaining mince mixture. Repeat layers, finishing with a layer of tortilla halves. Dollop with yoghurt mixture, spreading to evenly cover tortillas. Sprinkle with almonds. Cover with baking paper, then foil.

6 Bake for 30 minutes. Remove foil and baking paper. Cook, uncovered, for a further 10 to 15 minutes or until golden. Stand for 5 minutes. Serve with coriander.

NUTRITION: (per serve) 2523kJ; 33.4g fat; 13.8g sat fat; 34.3g protein; 41.2g carbs; 4.8g fibre; 107mg chol; 793mg sodium. ■



\$3.77
per serve

Spiced beef and
pumpkin tortilla bake

#MAKEITYOURWAY



EASY CLASSIC CHICKEN FAJITAS

WITH SMASHED AVOCADO AND CHILI CORIANDER SALSA

CLASSIC FAJITA FLAVOURS
IN 4 SIMPLE STEPS.

MAKES: 8 FAJITAS

Old El Paso™ Fajita Kit

2 tablespoons olive oil
600g chicken thigh fillet, cut into thin strips
1 red onion, sliced
1 lime, halved

Chili Coriander Salsa:

Juice of 1 lime, extra
Large handful fresh coriander leaves, finely chopped
1 long red chili, finely chopped

To Serve:

1 avocado, stone removed

1. Heat a wok or large frying pan. Combine Fajita Spice Mix and oil, add chicken and onion, toss to coat. Cook half the chicken and onion until charred on outside and cooked through. Repeat with remaining chicken and onion. Squeeze lime over chicken.

TIP: Cooking in batches achieves wonderful charred and tender chicken.

2. For delicious pan toasted tortillas open tortilla pouch, discard Freshness Sachet and remove tortillas from pouch. Heat a non-stick pan over a medium heat and cook tortillas for 10 seconds on one side or until lightly browned. Wrap in a tea towel until ready to serve.

3. **Chili Coriander Salsa:** Combine extra lime juice, coriander and chili.

4. Roughly mash avocado and serve to table on a board or platter with chicken, toasted tortillas, Chili Coriander Salsa and Mild Mexican Salsa.



Discover more delicious recipes like this from Old El Paso™ on



plateful.com

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NEW & IMPROVED TORTILLAS NOW EVEN SOFTER



winner!

Home Cook Hero

Sweet and colourful, we loved this funfetti popcorn by bestrecipes.com member Katrina Lanham

Christmas funfetti popcorn with honey butter toffee

Makes 10 cups

Prep 10 minutes

(plus 30 minutes cooling)

Cook 15 minutes

2 tablespoons vegetable oil

½ cup popping corn

100g pretzels

200g packet Peanut M&M's

½ teaspoon salt

½ cup coloured sprinkles

Toffee

1 cup caster sugar

1 tablespoon honey

50g butter, chopped

1 Heat oil in a large saucepan over high heat. Add 2 pieces of popping corn. If corn slowly turns in a circle, the oil is hot enough. Add remaining corn. Cover with a tight-fitting lid. When corn starts popping, shake saucepan gently. Remove from heat when corn stops popping. Transfer to a large baking tray lined with baking paper. Discard any unpopped corn. Break up pretzels and sprinkle over popcorn on tray.

2 Make Toffee Place sugar and ¼ cup water in a heavy-based saucepan over low heat. Cook, stirring, until sugar is dissolved. Add honey and butter. Stir over heat until melted and combined. Bring to the boil. Boil, without stirring, until mixture turns a deep golden brown

colour (see note). Remove from heat. Stand for 30 seconds to allow bubbles to subside.

3 Working quickly, drizzle toffee over popcorn, then top with M&M's, salt and sprinkles. Set aside for 30 minutes to cool.

4 Break into pieces. Serve.

NUTRITION: (per cup) 1633kJ; 14.8g fat; 6g sat fat; 4.6g protein; 59g carbs; 3.7g fibre; 8mg chol; 301mg sodium. ■

Cook's note To test toffee, drop a teaspoon into a glass of cold water – it will harden when it's ready. Or use a candy thermometer to 138°C.

NAME:
Katrina Lanham
PROFILE
NAME:
Kat4
THEME:
Christmas gift recipes



Recipe: Christmas funfetti popcorn with honey butter toffee.

What inspired you to create this recipe? "My husband and kids, who love M&M's, pretzels and popcorn! I love the colours of the M&M's and sprinkles, and thought a toffee would make the perfect accompaniment. My mum and I used to make butterscotch together when I was a child, and that's what inspired me to make the honey butter toffee."

\$0.85
per cup

Christmas funfetti popcorn
with honey butter toffee



we also liked...

A big thank you to all of you who submitted your fabulous recipes into November's competition. Here are some of our favourites...



Wendy's naughty and nice spiced rum, raisin and apricot jam

Profile name: WendyAlexander

An easy microwave jam recipe that captures the spicy and sweet flavours of Christmas. The perfect addition to a festive cheese platter.



Christmas nougat

Profile name: Elorac

This easy and delicious nougat requires just six ingredients, is made in the microwave and is the perfect recipe to get kids helping in the kitchen. It makes a lovely present for a friend with a sweet tooth.



Maple candied pecans

Profile name: Kat4

The judges had another favourite recipe by Katrina, our November Home Cook Hero winner. Inspired by pecan pie, it's an easy recipe with just four ingredients – guaranteed to impress!



Cherry and vanilla pod jam

Profile name: Naomisal

Cherries are such a classic Australian Christmas fruit, and this jam recipe makes the most of seasonal produce. We can see why this recipe has been handed down for generations.



Cranberry, pistachio and white chocolate hedgehog

Profile name: Bakeplaysmile

The green, red and white colours give this classic hedgehog slice a seasonal twist, not to mention the delicious Christmas flavours.



Chai hot chocolate mix

Profile name: Loveswah

Easy to make and a little bit different, we thought this would make a really fun gift paired with a personalised mug. You can make this recipe well ahead of the silly season and double or triple the ingredients.

Are you the next Home Cook Hero?



Best Recipes is looking for the best original recipes created by Aussie home cooks. Share your recipe creations and be in the running to win \$1000, have your recipe published in *Super Food Ideas* and be featured as Australia's Home Cook Hero! Turn the page for inspiration for this month's theme, Lunchbox Favourites.

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is \$1000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.





\$0.45
per square

Chunky ham, pasta
and vegetable frittata

this month's theme: lunchbox favourites

Do you have a lunchbox favourite you can't get through the day without? Enter the Home Cook Hero Competition and win big!



Chunky ham, pasta and vegetable frittata

Makes 12 squares

Prep 10 minutes (plus cooling)

Cook 40 minutes

1½ cups dried spiral pasta

100g sliced leg ham, chopped

310g can corn kernels,
drained

½ cup frozen peas

2 green onions, thinly sliced

100g cherry tomatoes, halved

8 eggs

½ cup thickened cream

1 cup grated cheddar

1 Preheat oven to 180°C/160°C fan-forced.

Grease a 20cm x 30cm lamington pan.

Line base and sides with baking paper, extending paper 2cm above edges of pan.

2 Cook pasta in a large saucepan of boiling water, following packet directions, until tender. Drain well.

3 Combine pasta, ham, corn, peas and onion in a bowl. Spoon mixture into prepared pan. Top with cherry tomato.

4 Whisk eggs and cream in a bowl until combined. Stir in cheese. Season with salt and pepper. Pour over pasta mixture. Bake for 30 minutes or until set. Cool frittata in pan. Cut into 12 squares. Serve.

NUTRITION: (per square) 894kJ; 11.3g fat; 5.7g sat fat; 11.1g protein; 16.3g carbs; 1.6g fibre; 147mg chol; 276mg sodium.

Add an extra \$1 ... to up the vegie content. Add grated carrot and zucchini, squeezing out as much excess liquid as possible.

Honey-soy chicken with Asian slaw

Serves 4

Prep 15 minutes

(plus 15 minutes marinating)

Cook 30 minutes

2 tablespoons dark soy sauce

1½ tablespoons honey

12 chicken wing nibbles

Asian slaw

1 cup baby spinach, finely shredded

1 medium carrot, cut into thin matchsticks

1 Lebanese cucumber, seeded, cut into thin matchsticks

1 cup cooked jasmine rice

2 teaspoons sesame seeds, toasted

¼ cup Japanese-style mayonnaise

1 tablespoon boiling water

1 Preheat oven to 200°C/180°C fan-forced.

2 Combine soy sauce and honey in a small ceramic baking dish. Add chicken. Toss to coat. Set aside for 15 minutes to allow flavours to develop.

3 Transfer chicken to oven. Bake, turning halfway during cooking, for 30 minutes or until browned and cooked through.

4 Meanwhile, make Asian slaw Combine baby spinach, carrot, cucumber, rice and sesame seeds in a bowl. Season with salt and pepper. Combine mayonnaise and water in a small jug. Add dressing to slaw. Toss gently to combine. Serve with chicken.

NUTRITION: (per serve) 2952kJ; 48.6g fat; 12.9 sat fat; 40.2g protein; 23.7g carbs; 2.2g fibre; 162mg chol; 1083mg sodium. ➤

Honey-soy chicken with Asian slaw

\$2.01
per serve

Asian

WIN! \$1000 AND YOUR RECIPE PUBLISHED

The Home Cook Hero theme for February is Lunchbox Favourites. To be in the running to win \$1000 and have your recipe published in *Super Food Ideas* magazine, visit bestrecipes.com.au and enter your original recipe.

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is \$1000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.



BestRecipes
com.au

Mini corn, zucchini and ricotta fritters

Makes 30

Prep 5 minutes (plus cooling)

Cook 30 minutes

1 cup self-raising flour

2 eggs

½ cup buttermilk

420g can corn kernels, drained

1 medium zucchini, grated

½ cup fresh ricotta, crumbled

2 tablespoons finely chopped fresh basil

Vegetable oil, for shallow-frying

Halved grape tomatoes and cucumber sticks, to serve

1 Sift flour into a bowl. Make a well in the centre. Gradually whisk in eggs and buttermilk. Season with salt and pepper. Fold in corn, zucchini, ricotta and basil until just combined.

2 Pour enough oil into a large non-stick frying pan to cover the base. Heat over medium heat. Working in batches, drop level tablespoons of mixture into the pan. Cook for 2 to 3 minutes each side or until golden and cooked through. Drain on a tray lined with paper towel. Cool completely.

3 Transfer fritters to an airtight container. Refrigerate until required. Serve with tomato and cucumber sticks.

NUTRITION: (each) 226kJ; 3g fat; 0.7g sat fat; 1.7g protein; 4.7g carbs; 0.5g fibre; 14mg chol; 67mg sodium.

Add an extra \$1 ... and turn these into tuna fritters. Stir a small can of tuna, flaked, through the fritter batter.

vegetarian

\$0.18
each

lower sodium

Mini corn, zucchini and ricotta fritters

Are you the next Home Cook Hero?

Enter your best recipe to **WIN*** at bestrecipes.com.au.

*See page 67 for more details.

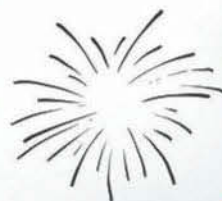


WIN!
\$1000

+ YOUR recipe
published in

**super
foodideas**
Australia's top-selling food magazine

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**Home
Cook
Hero?**



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recipe to win

bestrecipes.com.au

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the
Original

You can also serve savoury mince with rice or mashed potato. It's best the next day on buttered toast though.

savour it

Savoury mince

Serves 4

Prep 20 minutes

Cook 35 minutes

1 tablespoon extra virgin olive oil

1 medium brown onion, finely chopped

1 medium carrot, finely diced

2 celery stalks, finely diced

2 garlic cloves, crushed

600g beef mince

1 tablespoon plain flour

1 cup beef stock

1 tablespoon Worcestershire sauce

¼ cup frozen peas

8 small slices toasted crusty bread

Fresh flat-leaf parsley leaves, to serve

1 Heat oil in a large non-stick frying pan over medium-high heat. Add onion, carrot and celery to pan. Cook, stirring occasionally, for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Add mince. Cook, breaking up with a wooden spoon, for 8 to 10 minutes or until browned and cooked through.

2 Add flour. Cook, stirring, for 1 minute.

Stir in stock and Worcestershire sauce.

Season with pepper. Bring to the boil.

Reduce heat to medium-low. Simmer, stirring occasionally, for 10 to 12 minutes or until sauce thickens slightly.

3 Stir in peas. Cook for 2 to 3 minutes or until peas are bright green and tender. Serve mince mixture spooned over toast, sprinkled with parsley.

NUTRITION: (per serve) 1948kJ; 17.8g fat; 6.3g sat fat; 39.8g protein; 34.5g carbs; 4.3g fibre; 83mg chol; 778mg sodium. ■

one
pot

\$1.56
per serve

vegie
per serve

high in iron
Savoury mince



Grilled cinnamon
doughnuts with
maple bananas

\$1.95
per serve

Takes
10 mins



\$2.65
per serve

Takes
10 mins

Cherry
tiramisu

10^{minute} midweek desserts

We all need a treat to get through the working week, and these ones are ready fast

Recipes Cathie Lonnie **Photography** Andrew Young **Styling** Fiona Sinclair **Food preparation** Lucy Nunes

Grilled cinnamon doughnuts with maple bananas

Serves 4

Prep 5 minutes

Cook 5 minutes

Olive oil cooking spray

2 large bananas

2 tablespoons maple syrup

4 cinnamon doughnuts,
halved horizontally

4 scoops vanilla ice-cream

¼ cup finely chopped
pecans, toasted

1 Spray a chargrill pan with oil. Heat over high heat. Cut bananas in half horizontally, then in half crossways to make 8 pieces. Brush banana pieces with ½ the maple syrup.

2 Cook banana and doughnuts for 2 minutes each side or until lightly charred and heated through.
3 Layer doughnuts and banana on serving plates. Top with ice-cream. Drizzle with remaining maple syrup and sprinkle with pecans and. Serve.

NUTRITION: (per serve) 2031kJ; 22.9g fat; 9.4g sat fat; 7.7g protein; 61.7g carbs; 3.5g fibre; 29mg chol; 377mg sodium.

Cherry tiramisu

Serves 4

Prep 10 minutes

415g can stoneless black cherries in syrup

2 teaspoons instant coffee powder

8 sponge finger biscuits,
roughly chopped

250g cream cheese, softened

2 tablespoons icing sugar mixture

2 x 150g tubs Frûche vanilla bean
50g dark chocolate, grated

1 Drain cherries, reserving ½ cup of the syrup. Place coffee in a small jug. Add 1 tablespoon boiling water. Stir until coffee dissolves. Stir in reserved syrup.
2 Divide sponge finger biscuits among 4 x 1½-cup-capacity serving glasses. Spoon coffee mixture over biscuits. Reserve 12 cherries. Divide remaining cherries among glasses.

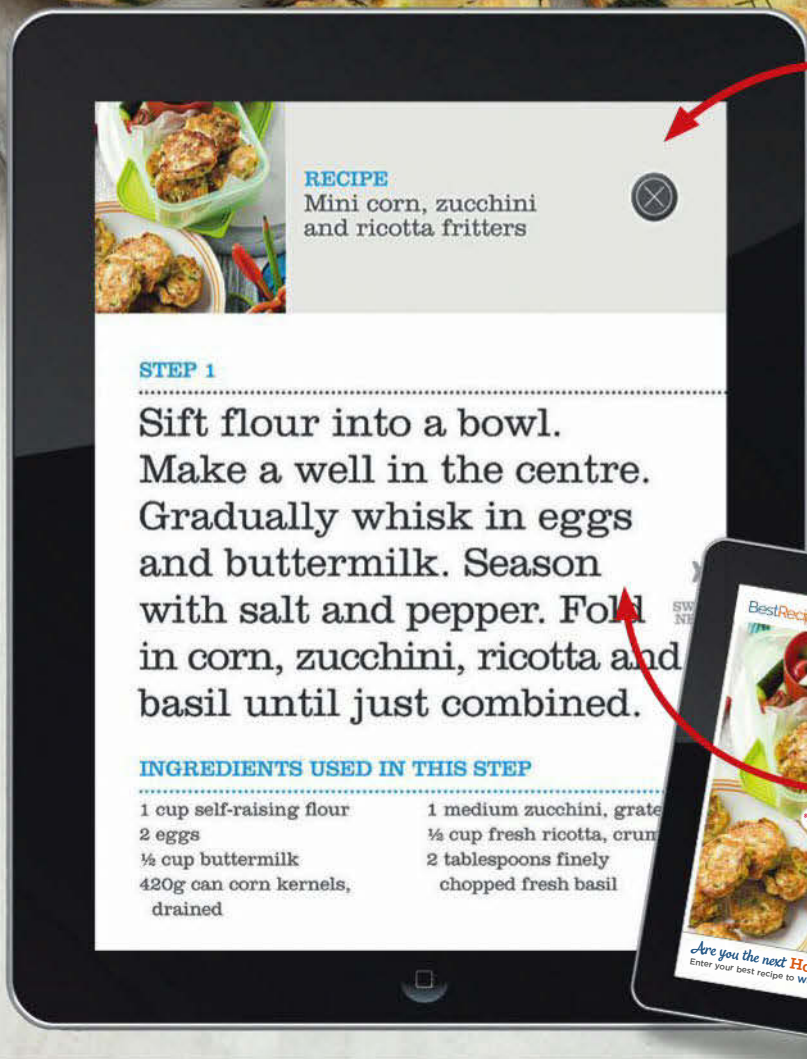
3 Place cream cheese and icing sugar in a medium bowl. Whisk until smooth. Fold in Frûche. Spoon mixture into glasses. Top with reserved cherries and grated chocolate. Serve.

NUTRITION: (per serve) 2302kJ; 28.6g fat; 19g sat fat; 11.9g protein; 60.2g carbs; 1.3g fibre; 104mg chol; 325mg sodium. ■

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weekend

Kick off the weekend with footy food, 'eggcellent' sweets and DIY tomato paste

Caramel latte ice-pops

Makes 6

Prep 10 minutes
(plus 6 hours freezing)

*You'll need a 6-hole,
150ml-capacity plastic
ice-block mould and
6 ice-cream sticks.*

300ml thickened cream

½ cup milk

380g jar caramel spread

**1 tablespoon instant
coffee powder**

1 tablespoon hot water

- 1 Using an electric mixer, beat cream until soft peaks form. Add milk and caramel. Beat to combine.
- 2 Place coffee and hot water in a small bowl. Stir until coffee has dissolved. Add coffee mixture to caramel mixture. Beat to combine. Pour mixture evenly among 6 holes of a 150ml-capacity ice-block mould. Insert 1 ice-cream stick into each mould. Freeze for 6 hours or until firm.
- 3 To remove pops from moulds, place moulds under cold running water for a few seconds. Serve immediately.

NUTRITION: (each) 1728kJ; 22.5g fat;
14g sat fat; 5.1g protein; 50.4g carbs;
0.1g fibre; 67mg chol; 155mg sodium. ■

Add an extra \$1 ... for a crunchy coating. Dip ends of ice-pops into melted, cooled dark chocolate melts. Return to freezer to set.

\$1.17
each

Caramel latte
ice-pops

*Get creative and try
using different-shaped
ice-block moulds
for these ice-pops.*

home crowd

It's a mark! Kick off the footy season with Kim's dude-style food! Try!

Recipes Kim Coverdale **Photography** Andrew Young
Styling Sarah O'Brien **Food preparation** Claire Brookman

Chorizo and onion sliders with chimichurri aioli, p80

Cheesy bacon corncobs, p78

Chunky beef and sarsaparilla hand pies, p77

Menu

Peanut and pretzel chicken with bloody Mary dipping sauce

Chunky beef and sarsaparilla hand pies

Cheesy bacon corncobs

Crunchy potato wedges with chilli and lime salt

Hot beef and beer chilli

Chorizo and onion sliders with chimichurri aioli

Chunky chocolate, peanut butter and caramel slice

Peanut and pretzel chicken with bloody Mary dipping sauce, p76

Hot beef and beer chilli, p78

Crunchy potato wedges with chilli and lime salt, p78

Peanut and pretzel chicken with bloody Mary dipping sauce

Serves 8 (as part of a menu)

Prep 30 minutes (plus 30 minutes refrigeration)

Cook 30 minutes

200g packet pretzels

1 cup roasted salted peanuts

1/3 cup plain flour

1 egg

1 tablespoon milk

4 chicken breast fillets, cut into 3.5cm pieces

Bloody Mary dipping sauce

1 tablespoon extra virgin olive oil

1 green onion, thinly sliced

1 small garlic clove, crushed

1/4 cup vodka

1 cup tomato juice

2 teaspoons Worcestershire sauce

1 tablespoon chopped fresh flat-leaf parsley leaves

1 Using a small food processor, process pretzels and peanuts until finely chopped.

2 Place flour on a plate. Season with pepper. Whisk egg and milk in a shallow bowl. Place pretzel mixture in a bowl. Dip chicken in flour, then egg mixture, then toss in pretzel mixture to coat. Place on a plate. Cover. Refrigerate for 30 minutes.

3 Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with baking paper.

Place chicken on trays. Bake for 30 minutes or until chicken is cooked through, swapping trays halfway through cooking.

4 Meanwhile, make Bloody Mary dipping sauce Heat oil in a saucepan over medium-high heat. Cook onion for 2 minutes or until just starting to soften. Add garlic. Cook for 1 minute. Add vodka. Bring to the boil. Simmer until reduced by half. Stir in tomato juice and Worcestershire sauce. Season with pepper. Bring to a simmer. Simmer for 5 minutes. Remove from heat. Cool for 10 minutes. Stir in parsley.

5 Serve chicken with dipping sauce.

NUTRITION: (per serve) 1585kJ; 14.3g fat; 2.9g sat fat; 30.6g protein; 26.9g carbs; 1.8g fibre; 89mg chol; 492mg sodium.

With a bit of vodka, this bloody Mary sauce is great to kick off the party.

\$2.10
per serve

Peanut and pretzel chicken with bloody Mary dipping sauce



\$0.70
each

Chunky beef
and sarsaparilla
hand pies

Chunky beef and sarsaparilla hand pies

Makes 24

Prep 30 minutes (plus cooling)

Cook 3 hours 35 minutes

You'll need a 12cm round cutter.

2 tablespoons extra virgin olive oil

800g gravy beef, trimmed,
cut into 1.5cm cubes

1 brown onion, finely chopped

1 carrot, finely diced

1 garlic clove, crushed

2 tablespoons plain flour

330ml bottle sarsaparilla

2 tablespoons smoky barbecue sauce

6 sprigs fresh thyme

6 sheets frozen shortcrust pastry,
partially thawed

1 egg, lightly beaten

Tomato sauce or extra smoky barbecue
sauce, to serve (optional)

1 Heat $\frac{1}{2}$ the oil in a heavy-based saucepan over medium-high heat. Cook beef, in batches, for 2 to 3 minutes or until browned all over. Transfer to a heatproof bowl.

2 Heat remaining oil in pan. Add onion and carrot. Cook, stirring, for 5 minutes or until onion is softened. Add garlic. Cook for 1 minute. Return beef to pan. Add flour. Cook, stirring, for 1 minute. Stir in sarsaparilla and barbecue sauce. Add thyme. Season with pepper. Bring to the boil. Reduce heat to low. Simmer, covered, for 2 hours.

3 Remove lid. Simmer, uncovered, for 45 minutes or until beef is tender and sauce is thick. Remove and discard thyme. Set beef mixture aside to cool completely (see note).

4 Preheat oven to 200°C/180°C fan-forced. Line 3 large baking trays with baking

paper. Using a 12cm round cutter, cut 4 rounds from each pastry sheet. Spoon $1\frac{1}{2}$ tablespoons beef mixture onto one half of each round. Brush edges with a little egg. Fold over to enclose filling. Press with a fork to seal. Place 8 pies on each prepared tray. Brush with egg. Cut 2 small slits into the top of each pie. Season with salt and pepper.

5 Bake for 30 to 35 minutes or until pies are golden and cooked through. Stand for 5 minutes. Serve with extra sauce, if desired.

NUTRITION: (each) 970kJ; 12.1g fat; 4.9g sat fat; 9g protein; 21.1g carbs; 0.9g fibre; 36mg chol; 279mg sodium. >

Cook's note If you have time, make the beef mixture a day ahead. Refrigerate in an airtight container until required.

Cheesy bacon corncobs

Serves 8 (as part of a menu)

Prep 15 minutes (plus standing)

Cook 20 minutes

4 large corncobs, husks and silks removed

2 teaspoons extra virgin olive oil

4 middle bacon rashers, finely chopped

2 green onions, thinly sliced

1 garlic clove, crushed

1/3 cup coarsely grated parmesan

3/4 cup coarsely grated mozzarella

1 Cut each corncob in half. Cook corn in a large saucepan of boiling water for 5 minutes or until just tender. Drain.

2 Meanwhile, heat oil in a frying pan over medium heat. Cook bacon, stirring occasionally, for 5 minutes or until golden and crisp. Stir in onion and garlic. Cook for 1 minute. Remove from heat. Set aside to cool for 5 minutes.

3 Preheat oven to 200°C/180°C fan-forced. Place corn on a baking tray lined with

baking paper. Combine bacon mixture, parmesan and mozzarella in a bowl. Pile cheese mixture on top of corncobs.

Season with pepper.

4 Bake for 10 minutes or until cheese is melted and starts to turn golden. Stand for 2 minutes before serving.

NUTRITION: (per serve) 799kJ; 8.6g fat; 3.4g sat fat; 12.7g protein; 12.8g carbs; 5.7g fibre; 23mg chol; 414mg sodium.

Crunchy potato wedges with chilli and lime salt

Serves 8 (as part of a menu)

Prep 20 minutes (plus standing)

Cook 1 hour

6 large potatoes, halved, cut into wedges

2 tablespoons Cobram Estate Classic

Flavour extra virgin olive oil

2 teaspoons finely grated lime rind

1 teaspoon sea salt

1 long red chilli, sliced

Lime wedges, to serve

1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.

2 Place potato wedges, skin-side down, on prepared trays. Drizzle with oil. Season with pepper. Roast for 1 hour or until golden and crisp. Stand for 5 minutes.

3 Meanwhile, combine lime rind and salt in a small bowl.

4 Transfer wedges to a serving platter. Sprinkle with lime salt and chilli. Serve with lime wedges and Hot beef and beer chilli (see recipe, below).

NUTRITION: (per serve) 609kJ; 4.7g fat; 0.6g sat fat; 3.7g protein; 19.9g carbs; 3.2g fibre; 0mg chol; 249mg sodium.

Hot beef and beer chilli

Serves 8 (as part of a menu)

Prep 15 minutes

Cook 45 minutes

1 tablespoon extra virgin olive oil

1 red onion, chopped

2 garlic cloves, roughly chopped

600g beef mince

1/2 teaspoon cayenne pepper

2 tablespoons ground cumin

1 tablespoon smoked paprika

3/4 cup Corona beer

140g tub tomato paste

400g can red kidney beans, drained, rinsed

1/4 cup chopped fresh coriander leaves, plus extra to serve

2 tablespoons sour cream

Lime wedges and Crunchy potato wedges with chilli and lime salt, to serve (see recipe, above)

1 Heat oil in a frying pan over medium-high heat. Cook onion, stirring, for 5 minutes or until softened. Add garlic. Cook, stirring, for 1 minute. Add mince. Cook, breaking up with a wooden spoon, for 8 minutes or until browned.

2 Add cayenne pepper, cumin and paprika. Cook for 1 minute or until fragrant. Stir in Corona. Cook for 1 minute. Stir in tomato paste. Reduce heat to low. Simmer for 15 minutes.

3 Add beans. Cook, stirring occasionally, for a further 15 minutes or until mixture has thickened. Season with salt and pepper.

4 Stir in coriander. Dollop with sour cream and sprinkle with extra coriander. Serve with lime and potato wedges.

NUTRITION: (per serve) 961kJ; 10.8g fat; 4.4g sat fat; 19.9g protein; 9.7g carbs; 3.6g fibre; 47mg chol; 206mg sodium. ➤

high fibre

Cheesy bacon corncobs

\$0.98
per serve

high fibre
Hot beef and
beer chilli

\$1.91
per serve

one
pot

\$0.85
per serve

gluten
free

high fibre

low saturated fat

Crunchy potato
wedges with chilli
and lime salt



Serve with coriander sprigs to add freshness.

\$3.22
each

barbecue

Chorizo and onion sliders with chimichurri aioli

Chorizo and onion sliders with chimichurri aioli

Makes 8

Prep 20 minutes (plus 4 hours refrigeration) **Cook** 20 minutes

3 large red onions, cut into 1cm-thick rounds (see note)

4 chorizo sausages, thickly sliced diagonally

8 mini brioche or damper rolls

Chimichurri aioli

1 cup whole-egg aioli

2 tablespoons chopped fresh coriander leaves

2 tablespoons chopped fresh oregano leaves

½ cup chopped fresh flat-leaf parsley leaves

½ teaspoon smoked paprika

1 tablespoon lemon juice

1 Make Chimichurri aioli Combine all ingredients in a bowl. Season with salt and pepper. Cover. Refrigerate for 4 hours or overnight.

2 Heat an oiled barbecue hotplate and chargill on high heat. Cook onion on hotplate for 10 minutes or until softened, turning with a metal spatula halfway through cooking, to keep rounds together. Cook chorizo on chargill for 3 to 4 minutes each side or until browned and heated through.

3 Meanwhile, wrap each roll in foil and place on barbecue hotplate for 5 minutes to heat through.

4 Remove rolls from foil and split in half. Dollop roll bases with ½ the aioli. Top with onion and chorizo. Dollop with remaining aioli, then top with roll tops. Serve immediately.

NUTRITION: (each) 1936kJ; 34.3g fat; 6.4g sat fat; 9.6g protein; 28.9g carbs; 2.2g fibre; 26mg chol; 620mg sodium.

Cook's note Keep the onion rings together in one thick piece.

Chunky chocolate, peanut butter and caramel slice

Makes 18 pieces

Prep 20 minutes (plus cooling and 30 minutes setting)

Cook 50 minutes

250g salt-reduced butter, chopped

2 x 180g blocks dark chocolate, chopped

1 cup caster sugar

1/3 cup brown sugar

3 eggs, lightly beaten

2 cups plain flour

1 cup pecans, roughly chopped

1/2 x 220g block milk chocolate, broken into pieces

2 tablespoons crunchy peanut butter

Extra 1/2 x 180g block dark chocolate, roughly chopped
1/4 cup caramel spread

1 Preheat oven to 180°C/160°C fan-forced. Grease an 18cm x 28cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

2 Place butter and dark chocolate in a saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth and combined. Set aside for 10 minutes to cool.

3 Stir in sugars, egg and flour until combined. Stir in pecans. Spoon mixture into prepared pan. Level top with a spatula. Press milk chocolate into mixture

in pan. Dollop 1/2 teaspoons of peanut butter onto mixture. Push into chocolate mixture slightly.

4 Bake for 40 to 45 minutes or until slice is just firm to touch. Cool completely in pan.

5 Place extra dark chocolate in a small microwave-safe bowl. Microwave on HIGH (100%) for 1 minute, stirring with a metal spoon halfway through cooking time, or until melted. Drizzle top of slice with caramel, then dark chocolate. Set aside for 30 minutes to allow chocolate to set. Serve cut into squares.

NUTRITION: (per piece) 1964kJ; 28.3g fat; 14.4g sat fat; 6.1g protein; 47.8g carbs; 1.3g fibre; 68mg chol; 100mg sodium.

Timeplan to kick-off

1 day before

- Make Peanut and pretzel chicken with bloody Mary dipping sauce to the end of step 2. Store in an airtight container in the fridge.
- Make Chunky beef and sarsaparilla hand pies to the end of step 3. Transfer to an airtight container. Refrigerate.
- Make Hot beef and beer chilli to the end of step 3. Cool completely. Transfer to an airtight container. Refrigerate.
- Make step 1 of Chorizo and onion sliders with chimichurri aioli.
- Make Chunky chocolate, peanut butter and caramel slice. Once cooled, store in an airtight container.

1 hour before guests arrive

- Complete Chunky beef and sarsaparilla hand pies.
- Make Crunchy potato wedges with chilli and lime salt.

30 minutes before guests arrive

- Complete Peanut and pretzel chicken with bloody Mary dipping sauce.

Just before serving

- Reheat Hot beef and beer chilli in a saucepan over medium-high heat until hot. Complete step 4.
- Complete Chorizo and onion sliders with chimichurri aioli.
- Make Cheesy bacon corncobs.

\$1.32
per piece

Chunky chocolate, peanut butter and caramel slice

10 out of 10

Need inspiration for your kids' parties?
Score full marks with these great ideas!

1 Fruit balloon

Serves 10

Prep 40 minutes

*You'll need about 100 toothpicks
for this recipe.*

½ (2.5kg) small watermelon
(see notes)

½ (1.25kg) small honeydew melon,
peeled, cut into 3cm pieces

1 small pineapple, peeled,
cut into 3cm pieces

500g strawberries, hulled

1 tablespoon ready-made vanilla
frosting (see notes)

13 red grapes

1 Using a sharp knife and keeping the rind intact, remove flesh from watermelon. Cut a 7cm wedge for the balloon tie. Cut the remaining flesh into 3cm to 4cm pieces.

2 Place the watermelon shell, cut-side down, on a large platter. Push 1 toothpick into the base of each piece of watermelon, honeydew, pineapple and each strawberry. Using picture (left) as a guide, and starting with the strawberries, insert toothpicks, about 3cm apart, into watermelon rind to secure, so the whole surface of the watermelon shell is covered.

3 Place watermelon wedge at the base of the 'balloon' to form the balloon tie.

4 Spoon frosting into a small snap-lock bag. Snip off 1 corner and pipe a thin line of frosting onto the platter to form the 'string'. Gently press grapes, end to end, into the frosting to secure. Serve.

NUTRITION: (per serve) 484kJ; 1g fat; 0.1g sat fat; 2.4g protein; 22.2g carbs; 4.4g fibre; 0.2mg chol; 49mg sodium.

Cook's notes

- It's best to use a round watermelon, not an oval-shaped one.
- You could also use yoghurt, honey or melted chocolate.

\$1.97
per serve

JUST SIX
INGREDIENTS

Takes
40 mins

low kilojoule
low fat
heart friendly

Fruit balloon

Use a number-shaped cutter for the age of the birthday boy or girl, or use decorative cutters, if you prefer.

2 Party-pie pops

Makes 24

Prep 15 minutes (plus cooling)

Cook 45 minutes

You'll need a 7cm and 6.5cm round fluted cutter, a 4cm-long number-shaped cutter and 24 ice-cream sticks for this recipe.

1 tablespoon vegetable oil

1 brown onion, finely chopped

1 garlic clove, crushed

400g beef mince

1 carrot, grated

1 zucchini, grated

2 tablespoons salt-reduced gravy powder

½ cup boiling water

¼ cup tomato sauce

1 tablespoon Worcestershire sauce

3 sheets frozen shortcrust pastry, partially thawed

4 sheets frozen puff pastry, partially thawed

2 egg yolks, lightly beaten

Tomato sauce, to serve

1 Heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic.

Cook for 1 minute or until fragrant. Add mince. Cook, breaking up with a wooden spoon, for 5 minutes or until browned. Add carrot and zucchini. Cook, stirring, for 2 minutes or until carrot has softened. **2** Add gravy powder. Cook, stirring, for 30 seconds. Add boiling water, tomato and Worcestershire sauces. Cook, stirring, for 5 to 8 minutes or until mixture has thickened. Cool completely.

3 Preheat oven to 200°C/180°C fan-forced. Lightly grease two 12-hole, 1½-tablespoon-capacity round-based patty pans. Using a 7cm round fluted cutter, cut 24 rounds from shortcrust pastry. Use to line prepared holes.

4 Spoon 1 level tablespoon of filling into each pastry case. Using a 6.5cm round

fluted cutter, cut 24 rounds from 3 puff pastry sheets. Place 1 ice-cream stick on top of mince. Top with 1 puff pastry round. Press edges together with a fork to seal. Repeat process with remaining sticks and pastry rounds. Brush pie tops with egg yolk. Using a 4cm-long number-shaped cutter, cut 24 numbers from remaining puff pastry sheet. Place 1 number on each pie, lightly pressing to secure. Brush with egg yolk. **5** Bake for 20 minutes, swapping trays halfway through cooking, or until pastry is golden. Stand for 5 minutes. Serve with tomato sauce.

NUTRITION: (each) 919kJ; 11.6g fat; 5g sat fat; 6.7g protein; 21.5g carbs; 1.1g fibre; 36mg chol; 304mg sodium. >

\$0.35
each

Party-pie pops

3 Rainbow oranges

Makes 40

Prep 30 minutes

(plus 3 hours refrigeration)

10 medium oranges

85g packet lemon jelly crystals

85g packet orange jelly crystals

85g packet raspberry jelly crystals

85g packet lime jelly crystals

85g packet berry blue jelly crystals

1 Cut each orange in half. Using a small sharp knife, cut around orange flesh, being careful not to cut into the rind. Using a spoon, scoop out the flesh, leaving the pith and rind intact. Place orange halves, cut-side up, in two 12-hole, ⅓-cup-capacity muffin pans (see note).

2 Place lemon jelly crystals in a heatproof jug. Add 1 cup boiling water. Stir until crystals dissolve. Divide lemon jelly among 4 orange halves. Repeat process with remaining jelly crystals and boiling water. Refrigerate for 3 hours or until set.

3 Cut each jelly-filled orange half in half again to form 2 wedges. Serve.

NUTRITION: (each) 166kJ; 0g fat; 0g sat fat; 0.7g protein; 9.1g carbs; 0g fibre; 0mg chol; 20mg sodium.

Cook's note This will stop the orange cups tipping when filling them with jelly.

4 Apple smiles

Makes 24

Prep 35 minutes (plus 20 minutes standing) Cook 10 minutes

You'll need 24 ice-cream sticks.

20g butter, softened, for greasing

4 granny smith apples

¼ cup hundreds and thousands

¼ cup natural flaked almonds, crushed

¼ cup shredded coconut

3 x 200g packets butterscotch lollies

1 Line a large baking tray with baking paper. Lightly grease baking paper with butter.

2 Cut each apple in half through the stem. Cut each half into 3 wedges. Using a small sharp knife, carefully remove core. Insert 1 ice-cream stick into the skin-side base of each apple wedge to create a 'smile'.

3 Place hundreds and thousands, almonds and coconut in 3 separate shallow bowls.

4 Unwrap butterscotch lollies and place

in a small saucepan. Add 1½ tablespoons cold water. Place over medium heat. Stir constantly for 10 minutes or until lollies have melted and mixture is boiling.

5 Pat apple wedges dry with paper towel (see notes). Working quickly and using 1 wedge of apple at a time, dip 8 apple 'smiles' into toffee, then into hundreds and thousands to lightly coat. Place on prepared tray. Repeat process with remaining apple smiles, almonds and coconut (see notes). Stand for 20 minutes or until set. Serve.

NUTRITION: (each) 571kJ; 2.1g fat; 1.2g sat fat; 0.4g protein; 27.8g carbs; 0.5g fibre; 0.6mg chol; 74mg sodium.

Cook's notes

- Make sure the apple is dry before dipping, so the sauce will stick.
- The butterscotch will become quite thick and may set quickly. Simply return to the heat, add 1 to 2 teaspoons hot water to the mixture and stir gently.

5 Choc-dipped frozen bananas

Makes 12

Prep 45 minutes (plus freezing)

Cook 10 minutes

You'll need 12 ice-cream sticks.

6 small bananas, peeled, halved crossways

½ cup granulated nuts

½ cup chocolate sprinkles

375g packet milk chocolate melts

50g white chocolate melts

1 Line 2 large baking trays with baking paper. Place 1 tray in freezer. Insert 1 ice-cream stick into the cut end of each banana half. Place on prepared tray. Set aside. Place nuts and chocolate sprinkles in 2 separate small shallow bowls.

2 Place milk chocolate melts in a small heatproof bowl set over a saucepan of simmering water. Stir chocolate with a metal spoon for 5 minutes or until melted and smooth.

3 One at a time, dip 4 banana halves into milk chocolate to coat, gently shaking off excess chocolate. Gently roll in nuts to coat. Place on tray in freezer. Repeat process with 4 more banana halves and chocolate sprinkles. One at a time, dip remaining banana halves into milk chocolate to coat, gently shaking off

excess chocolate. Place on tray in freezer. Freeze for 20 minutes.

4 Place white chocolate melts in a small heatproof bowl set over a saucepan of simmering water. Stir chocolate with a metal spoon for 3 minutes or until melted and smooth.

5 Spoon melted white chocolate into a small snap-lock bag. Snip off 1 corner. Pipe chocolate over plain coated bananas. Freeze for 30 minutes or until frozen (see note). Serve.

NUTRITION: (each) 1329kJ; 15g fat; 9.7g sat fat; 6g protein; 40.2g carbs; 1.2g fibre; 7mg chol; 46mg sodium.

Cook's note Once frozen, wrap bananas individually in plastic wrap and place in an airtight container to avoid freezer burn.

6 Grape caterpillars and lizards

Makes 12 Prep 10 minutes

You'll need 12 bamboo skewers, sharp points trimmed.

27 green seedless grapes

27 red seedless grapes

2 tablespoons ready-made vanilla frosting

12 large blue cachous

6 small strawberries

12 mini milk choc bits

1 Make caterpillars Using picture (opposite) as a guide, thread 6 green grapes onto 1 skewer. Repeat twice to make 2 more green grape skewers. Repeat process using red grapes to make 3 skewers. Spoon frosting into a small snap-lock bag and snip corner. Pipe 2 dots on 1 grape at the end of each skewer. Lightly press cachous onto icing to form eyes.

2 Make lizards Cut 5mm from the top of each strawberry and discard. Thread 3 green grapes onto 1 skewer, followed by 1 strawberry, rounded side at the end. Repeat twice to make 2 more green grape skewers. Repeat process using red grapes and strawberries to make 3 skewers. Pipe 2 dots of frosting on the end of each strawberry. Lightly press choc bits onto icing to form eyes. Serve.

NUTRITION: (each) 257kJ; 0.7g fat; 0.2g sat fat; 0.6g protein; 12.4g carbs; 1.8g fibre; 0.5mg chol; 11mg sodium. >

Apple smiles

\$0.44
each

\$0.79
each

lower sodium
Choc-dipped
frozen bananas

\$0.19
each

Rainbow
oranges

**budget
friendly**

\$0.43
each

**make
ahead**

**low kilojoule
lower sodium**
Grape caterpillars
and lizards

**Takes
10 mins**

HAPPY
"birthday"
TO YOU

Store the leftover orange flesh
in an airtight container in the
fridge for up to 2 days. Use in a
fruit salad or add to lunchboxes.

7 Fun fairy bread stacks

Makes 16 stacks **Prep** 20 minutes

You'll need 16 toothpicks and a 4.5cm triangle-, square-, star- and flower-shaped cutter.

½ cup hundreds and thousands

½ cup yellow sprinkles

½ cup orange sprinkles

125g butter, softened

12 large slices fresh white sandwich bread

1 Place hundreds and thousands, and sprinkles in 3 separate shallow bowls.
2 Spread butter on 1 side of bread slices. One at a time, press 4 bread slices, buttered-side down, into hundreds and thousands. Set aside. Press 4 more slices, buttered-side down, into yellow sprinkles. Repeat with remaining 4 slices and orange sprinkles.
3 Trim crusts and discard. Cut 1 bread slice of each colour diagonally into quarters to get 12 triangles. Cut a further 1 slice of each colour into quarters to get 12 small squares.

4 Using a 4.5cm star-shaped cutter, cut out 4 stars from 1 slice of each colour to get 12 stars. Using a 4.5cm flower-shaped cutter, repeat process to get 12 flowers from remaining 3 slices.

5 Using the picture (opposite) as a guide, stack 3 different-coloured shapes. Secure with a toothpick. Repeat process with remaining shapes to make 16 stacks. Serve.

NUTRITION: (per stack) 846kJ; 8.1g fat; 5g sat fat; 1.9g protein; 30.1g carbs; 1.2g fibre; 11mg chol; 148mg sodium.

8 Double-decker chocolate crackles

Makes 20

Prep 40 minutes (plus refrigeration)

Cook 10 minutes

Chocolate crackles

125g copha

½ cup icing sugar mixture

½ cup shredded coconut

2 tablespoons cocoa powder

2 cups Coco Pops

White crackles

125g copha

½ cup icing sugar mixture

½ cup shredded coconut

2 tablespoons coconut milk powder

2 cups Rice Bubbles

1 Line 20 holes of two 12-hole, ⅓-cup-capacity muffin pans with paper cases.

2 Make Chocolate crackles Heat copha in a small saucepan over medium heat for 5 minutes or until melted. Combine icing sugar, coconut, cocoa and Coco Pops in a large bowl. Add copha. Stir well to combine. Spoon 1 level tablespoon of mixture into 10 paper cases, lightly pressing to compact. Refrigerate for 15 minutes to set.

3 Meanwhile, make White crackles Heat copha in a small saucepan over medium heat for 5 minutes or until melted. Combine icing sugar, coconut, milk powder and Rice Bubbles in a large bowl. Add copha. Stir well to combine. Spoon 1 level tablespoon of mixture into remaining 10 paper cases, lightly pressing to compact. Refrigerate for 15 minutes to set.

4 Divide remaining chocolate crackle mixture among white chocolate bases. Divide remaining white crackle mixture among chocolate bases. Refrigerate for 40 minutes or until firm. Serve.

NUTRITION: (each) 813kJ; 15.6g fat; 14.2g sat fat; 1g protein; 12.8g carbs; 0.2g fibre; 0mg chol; 44mg sodium.

9 Caramel popcorn bars

Serves 16 **Prep** 10 minutes

(plus 1 hour standing) **Cook** 15 minutes

2 tablespoons vegetable oil

¼ cup popping corn

1 teaspoon sea salt

½ cup caramel choc bits

½ cup brown sugar

100g butter, chopped

¼ cup golden syrup

½ cup granulated nuts

1 Grease and line a 16cm x 26cm (base) slice pan with baking paper.

2 Heat oil in a large saucepan over medium heat. Add a few corn kernels (when they start to spin slowly the oil is hot enough).

3 Add remaining corn and salt. Cover with a tight-fitting lid. Shake pan gently until popping stops. Transfer to a large bowl. Cool for 15 minutes. Add caramel choc bits.

4 Meanwhile, place sugar, butter and syrup in a saucepan over medium heat. Cook,

stirring, for 5 minutes or until butter has melted and sugar has dissolved. Bring to the boil. Boil for 6 to 8 minutes until golden.

5 Remove from heat and stir in nuts. Pour mixture over popcorn and stir to coat. Spoon into prepared pan. Place a piece of baking paper over popcorn to cover. Press firmly into pan. Discard baking paper.

Stand at room temperature for 1 hour or until cool. Cut into 16 bars. Serve.

NUTRITION: (each) 758kJ; 12g fat; 5.5g sat fat; 2.6g protein; 16.6g carbs; 1.1g fibre; 10mg chol; 159mg sodium.

10 Mini hamburgers on sticks

Makes 20

Prep 25 minutes (plus refrigeration)

Cook 30 minutes

You'll need 20 bamboo skewers and a 5cm fluted round cutter.

5 rashers bacon, cut into 3cm pieces

150g butter, softened

10 slices fresh white sandwich bread

2 tablespoons sesame seeds

1 tablespoon vegetable oil

5 tasty cheese slices, cut into quarters

10 cherry tomatoes, sliced

3 baby cucumbers, sliced

Beef patties

300g beef mince

¼ cup dried breadcrumbs

1 tablespoon onion powder

2 tablespoons tomato sauce

1 tablespoon Worcestershire sauce

1 tablespoon finely chopped flat-leaf parsley

1 egg

1 Preheat oven to 200°C/180°C fan-forced. Line 2 large baking trays with baking paper. Place bacon on 1 prepared tray. Cook for 10 minutes or until golden and crisp.

2 Meanwhile, spread butter on 1 side of bread slices. Using a 5cm round fluted cutter, cut out 40 rounds. Place, buttered-side up, on second tray. Sprinkle with sesame seeds. Bake for 15 minutes or until golden.

3 Meanwhile, make Beef patties Combine all ingredients in a bowl. Season with salt and pepper. Roll 1 level tablespoon of mixture into a ball. Flatten slightly. Place on a large plate. Repeat to make 20 patties. Cover and refrigerate for 15 minutes.

4 Heat oil in a large frying pan over medium heat. Cook patties, in batches, for 3 minutes each side or until cooked through. Transfer to a plate. Cover to keep warm.

5 Thread 1 bread round, sesame seed-side down, 1 patty, 1 piece cheese, 1 piece bacon, 1 tomato slice, 1 cucumber slice and another bread round, sesame seed-side up, on a skewer. Repeat to make 20 skewers. Serve.

NUTRITION: (each) 829kJ; 13.6g fat; 7g sat fat; 8.5g protein; 10g carbs; 1.3g fibre; 40mg chol; 329mg sodium. ■

Double-decker
chocolate crackles

\$0.48
each

*Nut allergy? Just leave out
the granulated nuts from this
recipe – they'll still be delicious!*

\$0.24
each

Caramel
popcorn bars

\$0.47
each

Mini hamburgers
on sticks

\$0.22
per stack

Takes
20 mins

Fun fairy
bread stacks

googy goodies

These scrumptious desserts all have one thing in common: they're made with eggs, which makes them kind to the wallet (if not the waistline!)

Recipes Liz Macri **Photography** Guy Bailey **Styling** Bhavani Konings **Food preparation** Amira Georgy



\$1.29
each

Cherry queen
of puddings



\$1.07
per serve

Apricot and
almond clafoutis

Cherry queen of puddings

Makes 4

Prep 20 minutes
(plus 15 minutes standing)

Cook 40 minutes

1½ cups fresh breadcrumbs
2 teaspoons finely grated orange rind
20g butter, finely chopped
2 cups milk
3 eggs, separated
¾ cup caster sugar
½ cup black cherry and vanilla jam

1 Place breadcrumbs, orange rind and butter in a large heatproof bowl. Place milk in a medium saucepan. Heat over medium heat until milk simmers (do not boil). Pour milk over breadcrumb mixture. Stand for 15 minutes to allow breadcrumbs to absorb milk.
2 Preheat oven to 180°C/160°C fan-forced. Grease 4 x 1-cup-capacity ovenproof dishes.
3 Using an electric mixer, beat egg yolks and ¼ cup sugar for 6 to 8 minutes or until pale and fluffy. Stir into cooled breadcrumb

mixture. Divide mixture among prepared dishes. Place on a baking tray. Bake for 25 to 30 minutes or until just set. Stand for 5 minutes. Top evenly with jam.

4 Meanwhile, using electric mixer, beat egg whites until soft peaks form. Gradually add remaining sugar, beating until mixture is stiff and glossy. Top each pudding with egg white mixture. Bake for 5 minutes or until meringue is light golden. Serve puddings warm.

NUTRITION: (each) 2144kJ; 13.2g fat; 7.1g sat fat; 12.7g protein; 87.2g carbs; 1.2g fibre; 160mg chol; 308mg sodium.

Apricot and almond clafoutis

Serves 6

Prep 25 minutes (plus 10 minutes standing) **Cook** 35 minutes

410g can apricot halves in juice, drained well

3 eggs

½ cup firmly packed brown sugar

1 teaspoon vanilla extract

⅔ cup plain flour

60g butter, melted, cooled

1 cup milk

2 tablespoons slivered almonds

2 teaspoons icing sugar mixture

6 scoops vanilla ice-cream, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease a 5cm-deep, 22cm round (base) ovenproof dish. Pat apricots dry with paper towel.

2 Using an electric mixer, beat eggs, brown sugar and vanilla for 6 to 8 minutes or until pale and fluffy. Whisk in flour, then butter and milk until combined. Set aside for 10 minutes to rest.

3 Place prepared dish in oven for 5 minutes to warm up. Remove from oven. Pour batter into warmed dish. Top with apricots, cut-side up, then sprinkle with almonds.

4 Bake for 30 to 35 minutes or until golden and puffed. Dust clafoutis with icing sugar. Serve warm with ice-cream.

NUTRITION: (per serve) 1610kJ; 19.9g fat; 10.5g sat fat; 9.1g protein; 42.2g carbs; 1.9g fibre; 117mg chol; 165mg sodium. >



\$1.33
per serve

Coconut and lime
impossible pie

Coconut and lime impossible pie

Serves 6

Prep 10 minutes **Cook** 50 minutes

4 eggs

1 cup firmly packed brown sugar

2 teaspoons vanilla extract

100g butter, melted, cooled

2 cups milk

½ cup plain flour

1 cup desiccated coconut

2 teaspoons finely grated lime rind

½ cup pure cream, whipped

250g halved strawberries

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6-cup-capacity, 5cm-deep, 20cm square ovenproof dish.

2 Using an electric mixer, beat eggs, sugar, vanilla, butter, milk, flour, coconut and lime rind for 1 minute or until combined. Pour into prepared dish.

3 Bake for 50 minutes or until a skewer inserted into centre of pie comes out clean. Serve with whipped cream and strawberries.

NUTRITION: (per serve) 2538kJ; 40.2g fat; 26.8g sat fat; 10.7g protein; 54.1g carbs; 3.1g fibre; 199mg chol; 235mg sodium.

Impossible pie gets its name from the simplicity of the recipe – it's almost impossible for it not to work! It cooks like magic, creating its own crust and delicious pudding-like topping.

White chocolate custard tart

Serves 8

Prep 25 minutes (plus refrigeration, cooling and 10 minutes standing)

Cook 1 hour

Make this recipe the day before serving.

1½ cups plain flour, plus extra for dusting

2 tablespoons caster sugar

125g unsalted butter, chilled, chopped

1 egg yolk

1 tablespoon chilled water

125g raspberries

40g white chocolate curls

⅔ cup thickened cream

White chocolate custard

300ml pure cream

½ cup milk

2 x 180g blocks white chocolate, chopped

2 eggs, lightly beaten

1 Place flour, sugar and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add egg yolk and water, adding an extra teaspoon of water if needed. Process until dough just comes together. Turn out dough onto a lightly floured surface. Knead until just smooth. Shape into a disc. Wrap in baking paper. Refrigerate for 30 minutes.

2 Preheat oven to 200°C/180°C fan-forced. Grease a 3cm-deep, 23cm round (base) loose-based fluted tart pan. Roll out pastry between 2 sheets of baking paper until 4mm thick. Line base and side of pan with pastry. Refrigerate for 10 minutes.

3 Meanwhile, make **White chocolate custard** Place cream and milk in a medium saucepan. Heat over medium-high heat until just simmering (do not boil). Remove from heat. Add chocolate. Stir until smooth

and combined. Set aside for 15 minutes or until cool. Whisk in egg.

4 Place tart pan on a baking tray. Line pastry case with baking paper. Fill with pie weights or uncooked rice. Bake for 10 to 12 minutes or until edges are light golden. Remove weights and paper. Bake for a further 5 to 7 minutes or until base is light golden. Set aside to cool. Reduce oven to 170°C/150°C fan-forced.

5 Pour custard into pastry case. Bake for 40 to 45 minutes or until just set. Cool to room temperature. Refrigerate overnight.

6 Stand tart at room temperature for 10 minutes before serving. Top with raspberries and grated white chocolate curls. Serve with cream.

NUTRITION: (per serve) 3179kJ; 55.5g fat; 34.1g sat fat; 10.9g protein; 53.9g carbs; 1.8g fibre; 156mg chol; 89mg sodium. ➤

White chocolate
custard tart

\$2.73
per serve





\$1.76
per serve

Citrus and ricotta
fritters

*To create these light
and fluffy fritters, use
fresh ricotta from the deli
counter at the supermarket.*

Citrus and ricotta fritters

Serves 4

Prep 20 minutes

(plus 10 minutes resting)

Cook 20 minutes

½ cup self-raising flour

1 teaspoon baking powder

2 tablespoons icing sugar mixture

Pinch of sea salt

2 eggs, lightly beaten

¼ cup milk

200g fresh ricotta

3 teaspoons finely grated orange rind

1½ teaspoons finely grated lemon rind

½ teaspoon finely grated lime rind

1½ teaspoons vanilla extract

Vegetable oil, for shallow-frying

¼ cup caster sugar

2 tablespoons honey, to serve

1 Sift flour, baking powder, icing sugar and salt into a medium bowl. Stir in egg, milk and ricotta until combined (ricotta will be a little lumpy in batter). Stir in orange, lemon and lime rinds, then vanilla. Set aside for 10 minutes to rest.

2 Pour enough oil into a large deep frying pan to come 2cm up side of pan. Heat over medium-high heat (see note). Working in batches, carefully spoon level tablespoons of batter into oil. Cook, turning occasionally with a slotted spoon, for

4 to 5 minutes or until puffed and golden.

Using a slotted spoon, transfer fritters to a plate lined with paper towel to drain.

3 Place caster sugar in a bowl. Toss fritters in sugar to coat all over. Serve warm, drizzled with honey.

NUTRITION: (per serve) 1869kJ; 24.7g fat; 7.9g sat fat; 10.4g protein; 47.3g carbs; 0.8g fibre; 108mg chol; 605mg sodium. ■

Cook's note You can tell the oil is hot enough when a small amount of batter dropped into the pan sizzles and bubbles form around it.

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a bottle of red

A spoonful of Kim's tomato paste will add a rich tomato flavour and a touch of colour to any dish. It's so versatile, you'll go through a jar before you know it!

Recipe Kim Coverdale **Photography** Guy Bailey **Styling** Fiona Sinclair **Food preparation** Amira Georgy

Tomato paste

Makes about 1 cup

Prep 25 minutes
(plus cooling)

Cook 3 hours 15 minutes

You'll need a 1-cup-capacity glass jar with lid.

4kg very ripe roma tomatoes,
washed, roughly chopped
¼ cup extra virgin olive oil
4 sprigs fresh oregano, washed
1½ teaspoons sea salt
½ teaspoon citric acid
Extra 2 teaspoons extra virgin olive oil

1 Place tomato, oil and oregano in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes or until tomato is tender and skin has separated from flesh. Set aside for 10 minutes to cool slightly. Remove and discard oregano.

2 Preheat oven to 160°C/140°C fan-forced.

3 Push tomato mixture through a fine sieve over a large bowl or jug. Discard seeds and skin. Add salt and citric acid to tomato purée. Stir well to combine. Divide mixture between 2 shallow baking trays with sides.

4 Bake for 3 hours, stirring every 30 minutes and swapping position of trays between shelves, or until tomato purée becomes a thick, reddish-brown paste and liquid has evaporated. Allow to cool. Spoon into a 1-cup-capacity clean glass jar. Spoon extra oil evenly on top of paste in jar. Secure lid. Refrigerate for up to 1 month (see note) or freeze for up to 6 months. ■

Cook's note Keep top of paste covered with a layer of oil to prevent mould from growing. If mould appears, discard tomato paste. Do not use.



Bring tomato, oil and oregano to the boil. Simmer for 10 minutes or until tomato is tender and skin has separated from flesh.



Push tomato mixture through a fine sieve over a large bowl or jug. Discard seeds and skin. Add salt and citric acid to bowl. Stir well.



Bake tomato purée for 3 hours, stirring every 30 minutes and repositioning trays.



The tomato paste is ready when it's thick and reddish-brown in colour, and all the liquid has evaporated.

homemade tomato paste

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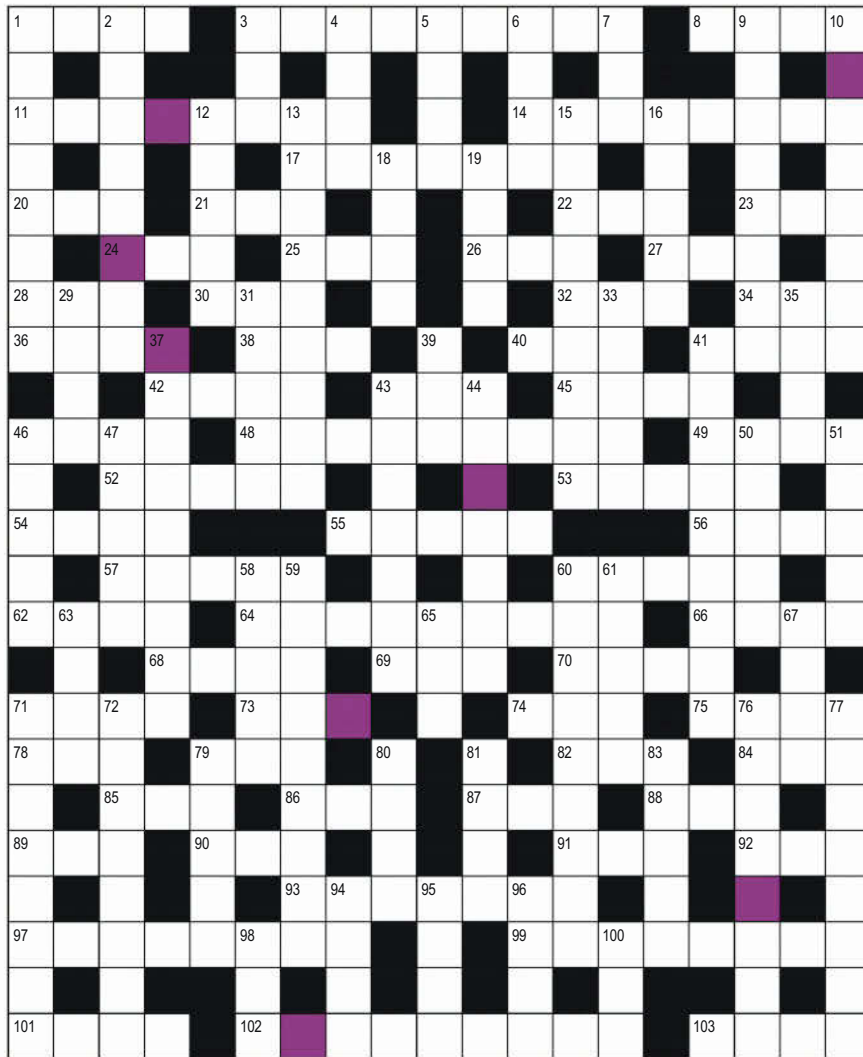
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Tomato
paste

puzzles??



Crossword

When the crossword is complete, the coloured boxes spell out a mystery word.

ACROSS

- 1 Committed perjury
- 3 Discolouring through age
- 8 Tofu bean
- 11 Signify
- 14 Anomalies
- 17 Shipshape
- 20 Wheat spike
- 21 Every ..., Dick and Harry
- 22 Born as
- 23 Place offering food and lodging
- 24 Pouch-like body part
- 25 Feather wrap
- 26 Caribbean or Mediterranean
- 27 Cooking vessel
- 28 Supplement, ... out
- 30 That man's
- 32 Gymnastics floor pad
- 34 Expert
- 36 Record platter
- 38 Hog's home
- 40 Feminist movement, women's ...
- 41 Merriment
- 42 Too
- 43 Girl's short haircut
- 45 Newsweek's rival
- 46 Close at hand
- 48 Unwed
- 49 Breakfast cereal
- 52 Retail therapy splurge
- 53 Stoppers
- 54 Garden door
- 55 Lethal
- 56 Sanction
- 57 Data for computer
- 60 Mountain chain
- 62 Jam pastry
- 64 Improved (skills)
- 66 Tick over (of engine)
- 68 Breed and raise
- 69 Dear ... or Madam
- 70 Cuts (timber)
- 71 Bundle of joy
- 73 What you see is what you ...
- 74 Grovel
- 75 Electronic markers
- 78 Bread grain
- 79 Lawyer's charge
- 82 Twice five
- 84 Violinist's equipment
- 85 Misery
- 86 TV series and movie starring Sarah Jessica Parker, ... *And The City*
- 87 Mouse relative
- 88 Unrefined metal

- 89 Hot brew
- 90 Cattle sound
- 91 Research room
- 92 Sock end
- 93 Daytime show
- 97 Made bigger
- 99 Glue
- 101 Flank
- 102 Markdowns
- 103 Bacon and ...

DOWN

- 1 Stayed around
- 2 Declares approval of ... or nay
- 4 Suggestive look
- 5 Secrete
- 6 Cult hero
- 7 Worshipped figure
- 9 Fresh
- 10 Worker on sick leave
- 12 Angler's haul
- 13 Graveyard memorial
- 15 Blasts (mine pit)
- 16 Unskilful
- 18 College supervisor
- 19 Rapid surge
- 29 Flying frame
- 31 Magazine edition
- 33 Comply, ... by the rules
- 35 100th of dollar
- 37 Joinery
- 39 Pro
- 41 Earth scientist
- 43 Charity stalls
- 44 Wider
- 46 Dusk to dawn
- 47 Up and about
- 50 Inquired
- 51 Fashion flair
- 58 Consumption
- 59 Trio
- 60 Moved house again
- 61 Wise saying
- 63 Not here
- 65 Fruit seed
- 67 Advertising symbol
- 71 Comrades
- 72 Lamented
- 76 Illegally aiding
- 77 Broom wielders
- 79 Thighbone
- 80 Withdrawal
- 81 Cheeky smile
- 83 Chivalrous
- 94 Includes
- 95 Involved in
- 96 Gain (respect)
- 98 Gallivant
- 100 Possesses

January/February issue's solutions

Issue 166, Sudoku (below left)

Issue 166, Crossword (below right): Rockmelon

3	1	7	8	6	9	4	2	5
5	8	2	7	4	3	9	1	6
9	4	6	1	2	5	8	3	7
4	2	8	9	7	1	5	6	3
6	9	5	4	3	2	7	8	1
7	3	1	6	5	8	2	4	9
8	5	3	2	1	7	6	9	4
1	6	9	5	8	4	3	7	2
2	7	4	3	9	6	1	5	8

Y	A	S	H	M	A	K	S	Y	E	A	R	L	I	N	G	
A	V	E	L	W	I	N	C	E	R	A	P	O				
N	A	R	I	S	E	N	T	R	I	S	T	E	R	O		
T	O	N		G	V	N		S	O	R	B					
N		I	N	D	I	S	P	E	N	S	A	B	L	E		
G	L	A	C	E	N	A	E	D	E	V	A	D	E			
E	V	E	R		D	I	L	A	T	E	D	S	E	X	I	
E	G	O		U	B		I	L	L	E	D					
N	I	R	E		A	T	M		C	R	O	E	R			
P	O	D		W	E	E	D		L	E	T	C	H		S	P
T				E		A	P	I	N	G		Y				
I	R	K		R	E	A	D		T		G	E	R	M	J	I
E		A	S	S		T		P	I	E		Y	E	M		
R	A	P			O		E	E		E		M	A	D		
T					T											
M	E	T			M	A	R	S	H	A	L		I	M	P	S
O					M	I	S	C	O	N	C	E	P	T	I	O
P	E	G			U		L		A	N		J	O	B		
P		I	N	G	O	T	S		I	G	A	T	E	A	U	
T					G	A	S	P		T		M		E		
N					P	E						A	R			
G	O	V	E	R	E	D						S	T	R	E	S

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Sudoku

To solve the Sudoku game, every number from 1 to 9 must appear in a square in every horizontal row, every vertical column and in every 3 x 3 box.

			6		2			
9			4		6		1	
6		1	5				8	
1	3		5	8	9			
		6	8	2	1			
	8	9	4			6	5	
3			2	9			4	
5		1		4			6	
	2		8					

Solution: _____

super shelf

Check out these great products in shops and supermarkets



In an instant

Thanks to Indomie, you don't need to travel far to get a taste of traditional Indonesian dish mi goreng. With crispy fried noodles and five different seasoning sachets in each packet, the instant noodles are ready in just three minutes! Available in single packets, value packs and convenient cups, there is a variety of flavours to try, including BBQ chicken, satay, hot & spicy, and rendang. Find them in supermarkets.



Spoon-licking good

Nuts for Nutella? Who isn't! Since it first launched in Australia in 1978, Aussies have been spreading this gooey choc-hazelnut treat on toast, pancakes and even cakes. It's great to use in desserts, too! Our favourite way to eat it, though, is with a spoon and nothing else! Visit nutella.com.au for lots of recipe ideas.



IT'S A FIESTA

As regular eaters of Mexican cuisine, you can trust us when we say Old El Paso Tortillas are tortilla-tastic, especially with their new and improved recipe, making them even softer. Ideal for soft tacos, we like ours filled with beef, and lots and lots of cheese! See our tortilla feature on p58 for recipe ideas, or visit plateful.com.au.

QUICK KOREAN

Sempio Bulgogi Marinade is a unique blend of soy sauce, pear purée and spices, and with as little as 10 minutes marinating time, it adds a delicious flavour and tenderness to beef. For authentic bulgogi at home, serve your cooked beef with rice or wrapped in a lettuce leaf. Sempio Bulgogi Marinade is also great to use with other meats and vegetables. Find it in supermarkets.



In the bag

Made from a blend of premium ground and soluble coffee, The House of Robert Timms coffee bags are individually sealed for freshness and convenience. With five varieties to try, keep some at your desk for when that afternoon slump hits. The bags are available in packs of eight, 18 and 28. For more info, visit roberttimms.com.

Dressed up

With a light, nutty taste, Kewpie's sesame soy salad dressing is a delicious way to liven up salads and other cold dishes. You can also use it as a dipping sauce or add it to marinades and stir-fries for a Japanese-inspired flavour. Find the dressing, and other Kewpie products, including its range of mayonnaises and dressings, at supermarkets. Visit oriental.com.au.



top of the mornin'

You'll be talking blarney with Claire's cute St Patrick's Day treats – to be sure, to be sure!

Recipe & food preparation Claire Brookman **Photography** Andrew Young **Styling** Sarah O'Brien

Little pots of gold

Makes 20

Prep 1 hour (plus cooling, refrigeration and setting)

Cook 6 minutes

¼ cup thickened cream

180g block white chocolate, chopped

½ x 50g Crunchie bar, finely chopped

1 cup dark chocolate melts

5 rainbow sour straps

2 tablespoons gold pearlescent sugar
(see notes)

1 Combine cream and white chocolate in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every minute with a metal spoon, for 2 to 3 minutes or until melted. Stand for 30 minutes to cool. Gently stir in the finely chopped Crunchie bar. Refrigerate for 3 to 4 hours or until firm.

2 Line a baking tray with baking paper. Using 2 teaspoons chocolate mixture at a time, roll into balls. Refrigerate balls for 30 minutes or until firm.

3 Set aside 20 chocolate melts. Place remaining melts in a microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%), stirring every minute with a metal spoon, for 2 to 3 minutes or until melted. One by one, use a fork to dip balls in chocolate, then shake off excess. Return to tray. Top with a chocolate melt, flat-side up, and lightly press to secure, creating a pot shape. Refrigerate for 20 minutes or until set.

4 Using scissors, cut each sour strap crossways into 20 x 3cm-long pieces. Using picture as a guide, trim each piece to form a rainbow. Leaving

a 3mm border around the top edge of each pot, spoon a little chocolate onto the centre (see notes), then pile up with pearlescent sugar. Using a little chocolate and picture as a guide, attach rainbows to pots, holding until secure. Set aside for 30 minutes or until set. Serve.

NUTRITION: (each) 527kJ; 6.6g fat; 4.5g sat fat; 1.3g protein; 15.3g carbs; 0g fibre; 4mg chol; 29mg sodium. ■

Cook's notes

- Pearlescent sugar is available from cake decorating suppliers. You could use yellow or orange sprinkles if you prefer.
- The chocolate might need to be re-melted at this stage. Microwave on MEDIUM (50%) in 30 second bursts until melted.

\$0.45
each

Little pots
of gold



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